Chapter 5: PrePex Device Placement Procedure and Challenges
Learning Objectives

- At the end of the session, participants should be able to:
  - Understand and perform the steps required for placement of a PrePex device for MC
  - Recognize problems that may arise during placement and how to deal with them
  - Understand the key information to give to the clients after device placement.
Dorsal View of Uncircumcised Penis

- Outer foreskin
- Shaft
- Inner foreskin
- Sulcus
- Glans
- Shaft
- Foreskin
- Glans
Ventral View of Penis

- Urinary Meatus
- Glans
- Sulcus
- Frenulum
- Inner Foreskin
- Outer Foreskin
- Shaft Skin
Lay Out all PrePex Placement Tools and Materials, in the Order of Use

- 2 pairs of medical nonsterile gloves
- Antiseptic in dispensing bottle
- 3 gauze sheets, 7.5 cm x 7.5 cm /10 cm x 10 cm
- 1 PrePex single-use sizing plate
- 1 skin marker (use 5 times, then discard; can be single-use, depending on the marker you choose.)
- 1 gm anesthetic cream
- PrePex devices in all 5 sizes (A to E)
- Penile model
- Scissors to cut the verification thread
- Waste receptacle
- Pain medication (e.g., ibuprofen)
Precautions during Placement

- Check that consent has been obtained
- Before starting, make sure the client was screened
- Handle penis and foreskin gently, especially when stretching foreskin
- Avoid client discomfort and damage to tissue
- Use only fingers, not tools, to stretch foreskin
Correct sizing of the PrePex Device is very important!

- If device is too small, client may have pain during erection.
- If device is too large, impossible to safely insert inner ring.
Measure the Penis to Choose the Correct PrePex Size

Correct:
- Measure under sulcus.
- Measure 3 times.

Incorrect:
- Do not pull the penis, causing it to narrow.

Practice on model
Sizing (Measuring) the Penis
Which Size Does the Operator Choose?
Skin Preparation

Apply standard surgical skin disinfection after sizing and before placement.

1. Soak one piece of gauze in povidone iodine (PI) solution.
2. Retract the foreskin completely and use soaked gauze to clean the whole penis, starting from the glans and including the sulcus, the inner and outer foreskin, the penile shaft, and the scrotum. Scrub well, placing extra emphasis on cleaning the inner foreskin and sulcus.
3. Discard the used gauze while holding the penis with your free hand. The penis should not come in contact with the body (to avoid contamination).
4. Repeat an additional 2 times!
5. Let the clean penis lay on a piece of clean gauze while you wait for 2 minutes for it to dry.
6. If the area is still wet after 2 minutes, use a new piece of gauze to gently absorb the excess PI from the area.
Skin Preparation
Before Marking the Circumcision Line

- Make sure the foreskin is dry.
- Stretch the foreskin and let it rest again in natural position.
- Ensure that the inner foreskin has no hidden folds.
Mark the Circumcision Line
(WHO, Manual for Male Circumcision under Local Anaesthesia, 2009)

- Start on the dorsal (back) side of penis.
- Use a skin marker pen.
- Ensure that the foreskin is in natural “resting” position.
- Mark just below the corona, up to 0.5 cm.
Mark the Circumcision Line: Ventral Side of Penis

- Mark with a U-shape, pointed toward the frenulum—oblique (to avoid damaging the frenulum)
- Top of U should be exactly on the midline.
I'm not sure it's clear what "oblique" is referring to here.

Author, 6/30/2015
Accurate Marking is Essential!

- If the line is too low, too much skin will be removed.
- If the line is too high, not enough skin will be removed.
- The circumcision line must be visible before you insert the inner ring. If the line was erased (rubbing, anesthetic cream, etc.), stop and redo the line.
Marking the Circumcision Line
Load the Elastic Ring over the Placement Ring

- Select the correct size of PrePex device
- Place elastic ring over placement ring (two possible methods)
- Use two hands and two fingers.
- Try the two methods. Which is easier?
Loading the Elastic Ring over the Placement Ring: Method 1

- Method 1: Put the elastic ring on two adjacent placement ring notches. Then move circumferentially to complete the remaining notches.
Loading the Elastic Ring over the Placement Ring: Method 2

- Method 2: Put the elastic ring on two opposite placement ring notches. Then apply to the remaining notches to complete the loading.
Placement Ring (With Elastic Ring) on the Penis

- Elastic ring faces the head of the penis
Apply Lidocaine 5% Dermal Anesthetic Cream to Shaft and Foreskin

Assistant:
- Pulls back foreskin
- Applies anesthetic cream on shaft up to the sulcus

Operator:
- Keeps glove dry to grasp foreskin
Apply Anesthetic Cream to Inner Foreskin
Placing the Placement Ring on the Shaft of Penis
Positions on the Penis

Client’s head

Client’s feet
Stretch Open the Foreskin (for the Inner Ring)

Performed by two people:

- Operator:
  1. Open gauze completely. Use gauze to grasp the foreskin (slippery).
  2. Grasp the foreskin at 6 o’clock and 12 o’clock using both hands.
  3. Stretch the foreskin open.
Inform Client there May Be Brief Discomfort

Assistant:

1. Hold a curved side of the inner ring with one hand.
2. Insert the inner ring all the way down to sulcus.
3. Then press the opposite side of the inner ring down to the sulcus too.
Correct Position of Inner Ring

Correct position

Incorrect position
Warnings!

1. Push the inner ring all the way down to the sulcus. If not pushed all the way down, it may cause suboptimal circumcision results.

2. If the inner ring is too large and does not easily enter the foreskin, the wrong size PrePex device was probably used.

Do not push the ring or stretch the foreskin!
When Inner Ring Reaches Sulcus, Assistant or Operator Grasps the Foreskin

Assistant:
- Grasp foreskin with free hand
- Hold foreskin closed to keep inner ring in place

Operator:
- Use both hands on outside of foreskin
- Press inner ring to sulcus

(Operator’s right hand)
Inserting the Inner Ring through the Foreskin
Place Elastic Ring over Foreskin

Operator:

- Warn client: May be brief discomfort while elastic ring is placed on penis
- One hand raises the placement ring
- Other hand locks the inner ring into the elastic ring (two-lock maneuver)
Placing Elastic Ring over Foreskin
Adjusting the Foreskin
Adjust the Foreskin

Ensure the elastic ring is exactly on top of the circumcision line.

- How?
  - Adjust the foreskin from the four legs point, all around
  - Align the elastic ring to the circumcision line

Ensure that inner ring is firmly in place!
Adjust the Foreskin

Warning: If you cannot see the marked line clearly, restart the procedure and mark the line again!
Place the Elastic Ring on the Foreskin

Hold the elastic ring firmly.

Exact points to place the forefinger and thumb to release elastic ring from each notch.
Place the Elastic Ring on the Foreskin (Two-Hand Job)

**Right thumb and forefinger:**
Release elastic ring from each notch

**Left hand:**
All fingers hold elastic ring between the legs of placement ring
To Reduce Discomfort

- First inform the client that he might feel discomfort for 4 seconds.
- Slide the elastic ring off.
- Release one notch at a time.
- Use your thumb and forefinger (right hand).
- Work gently.
- Count with client 4 – 3 – 2 – 1.
- Do not pop the ring off aggressively.
- Do not release the elastic ring from more than one notch at a time.
The Last Part of the Elastic Ring Notch Can Catch the Skin or Glove!

- Pull it out gently.
- Avoid any harm to skin.
Placing the Elastic Ring On the Foreskin: Count 4 – 3 – 2 – 1
Check That The Device is Correctly in Place

- Look all around the foreskin: Is the elastic ring exactly in the groove of the inner ring?
- Open the foreskin. Look inside:
  - Is the inner ring in the correct position?
  - Is it pushed all the way to the sulcus?
Check for Correct Placement

- Is circumcision line directly under the elastic ring?
- If the position is correct, continue.
Cut the Verification Thread

- If device is correctly in place:
  - Explain to client: “I am just cutting the thread.”
  - Cut the verification thread with scissors.
Checking and Cutting the Verification Thread
The Penis with PrePex Device in Position

- What parts of the PrePex device are now on the penis?
- Where is each part?
- Ask client to sit up and look.
- Show him:
  - Inner ring inside foreskin
  - Elastic ring outside foreskin
After Placement, Warn the Client

- No sex or masturbation at all—not even with a condom
- He must not:
  - Touch the PrePex, not even through his clothes
  - Try to remove the PrePex
- Warn him that he will have to go through a surgical circumcision if he moves the device.
- He must return to the clinic for help if he has any severe problem or pain.
Referring Client to a Group Discharge Session

- Ask client to get dressed and send him with his signed client record form to the immediate post-placement room, where he will participate in a group discharge session.

- **Make sure the client does not leave without attending a discharge session and his written post-placement instructions.**
1. "Do not touch and do not remove the device at all, for any reason, even if hurting." Explain risk: dislodging device, germs, and harm to the penis.

2. **No sex when device is on.** No masturbating for 6 weeks. Share the information leaflet with your partner.

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Group Discharge Session for Further Information

- Takes place in a designated room; conducted by trained PrePex counselor
- Client receives post-placement information leaflet and analgesic, and discusses important information with provider. Important points summary:
3. Contact and return to the clinic immediately if:
   - Device moves out of position
   - Severe pain
   - Swelling of penis or testicles
   - Wound or bleeding on the penis
   - Difficulty passing urine
   - Parts of the foreskin separate from the penis in the early days after placement (separation is normal 5–7 days after placement)
   - Any health problem (dizziness, fever, or pain, whether or not related to circumcision)
4. Provide contact details for the client (in case of complication).

5. Provide date of the removal appointment.

6. Tell him that he may notice a smell on Days 4–7, as a result of the natural necrosis process, and that it is normal.

7. Stress that he must return on time for the removal procedure in 7 days or he will risk complications.

8. Tell him that it is okay to get an erection. Urinate and wash area gently: Just do not touch the device.
Group Discharge Session (Continued)

9. What to expect in the next few hours and days:
   - Later, foreskin will feel completely numb.
   - Foreskin will become darker, then black and dry.
   - Parts of the foreskin may become separated from the penis in about 5 to 7 days.

10. Normal washing is allowed and even required.

11. Information for the client’s partner: **No sex when the device is on**; no masturbating for 2 weeks. Tell the client to share the information leaflet with his partner.

12. Take prescribed pain medication for the upcoming 7 days.

At the end of the session, the provider completes the post-placement section on the client’s record form and takes it for filing thereafter.
PrePex Placement Procedure

TROUBLESHOOTING
Problem: Narrow Foreskin

- Operator cannot insert the inner ring, possibly due to a narrow and inflexible foreskin.
- **Solution?**
Warning! Do Not Force the Inner Ring into the Foreskin.
Problem: Inaccurate Placement

- When checking that the placement is correct, you find that it is inaccurate:
  - The elastic ring is not lying over the circumcision line.
  or
  - The inner ring is not placed low enough inside the foreskin.
  or
  - The inner ring is not on the sulcus line.

- **Solution?**
Solution: Inaccurate Placement (Replacement Procedure)

- Pull the verification thread. This pulls the elastic ring off the penis. Readjust the location of the inner ring, if needed, with your fingers. Then reload the elastic ring on the placement ring and continue as before with adjusting the elastic ring on the circumcision line.

  or

- Push the inner ring to the sulcus line.

- If in doubt, perform the placement procedure with a new device and fix the inaccuracy.
Solution: Inaccurate Placement
Problem: Small Penis

- The size of the penis is smaller than Size A of the sizing plate and a size A ring cannot be safely inserted.

Solution?
Problem: Large Penis

- The size of the penis is larger than Size E of the sizing plate.

Solution?
Problem: Inner Ring Dislodged while Adjusting the Foreskin

- The inner ring is dislodged while the operator adjusts the foreskin to the circumcision line and the inner ring and elastic ring are no longer aligned one on top the other.

Solution?
Summary

- PrePex placement requires an operator and an assistant who will follow the steps described to place the device correctly on clients.
- It is important to ensure that the client does not move the device while wearing it, and also abstains from sex and masturbation.
- Clients must be given discharge information after placement to ensure that the device stays in situ until removal.
Activities 5.1, 5.2, and 5.3

- 5.1: Placement video
- 5.2: Placement practice on models
- 5.3: Post-placement counseling role plays
Thank you!