

Frenuloplasty

Post Operative Advice Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Frenuloplasty

The frenulum is the band of tissue on the underside of the head of your penis, from below the meatus (opening) to the inside of your foreskin.

If it is tight, it can cause pain during erection or intercourse, it may tear and cause bleeding and discomfort.

What does the procedure involve?

Surgical treatment of a short penile frenulum by dividing the skin across and re-stitching it in a lengthwise fashion.

What are the alternatives to this procedure?

Circumcision may be needed if frenuloplasty does not fix this.

What happens during the procedure?

Either a full general anaesthetic (where you will be asleep throughout the procedure) or a spinal anaesthetic (where you are awake but unable to feel anything from the waist down) will be used.

All methods minimise pain; your anaesthetist will explain the pros and cons of each type of anaesthetic to you.

Local anaesthetic is also injected into the base of the penis to aid pain control after the operation; this can be used as the sole form of anaesthesia in some patients.

All methods minimise post-operative pain.

Further information

www.baus.org

www.nhs.uk/conditions/circumcision-in-men/

<https://player.vimeo.com/video/350335503>

Contact Numbers

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home, please feel free to contact Sanderson Suite, Ward 4A or 4B for advice from the nurse in charge.

They will assist you via the telephone, advise you to contact your GP, attend your local walk in or urgent care centre or ask you to make your way to the Emergency Department (ED) at Whiston Hospital depending upon the nature of your concern.

Alternatively, if you require urgent medical advice that is not an emergency, please contact 111 or access this service online.

Sanderson Suite

01744 646089

01744 646098/646089

Ward 4A – 0151 430 1420 or ring 0151 426 1600 and ask for ext. 1619

Ward 4B (Monday to Friday only) – 0151 430 1440 or ring 0151 426 1600 and ask for ext. 1624

What happens immediately after the procedure?

In general terms, you should expect to be told how the procedure went and you should:

- Ask if what was planned to be done was achieved
- Let the medical staff know if you are in any discomfort
- Ask what you can and cannot do
- Feel free to ask any questions or discuss any concerns with the ward staff and members of the surgical team
- Ensure that you are clear about what has been done and what is the next move

Are there any side-effects?

Common (greater than 1 in 10)

- Swelling of the penis lasting several days

Occasional (between 1 in 10 and 1 in 50)

- Bleeding of the wound occasionally needing a further procedure
- Infection of the incision requiring further treatment and/or casualty visit
- Permanent altered or reduced sensation in the head of the penis
- Persistence of the absorbable stitches after 3-4 weeks, requiring removal

Rare (less than 1 in 50)

- Scar tenderness
- Failure to be completely satisfied with the cosmetic result
- Occasional need for removal of excessive skin at a later date
- Permission for biopsy of abnormal area on the head of the penis if malignancy is a concern

What can I expect when I get home?

- you will get some swelling and bruising of the penis which may last several days
- all your stitches will disappear, usually within two to three weeks but may sometimes take a little longer
- simple painkillers such as paracetamol are helpful if you have any discomfort
- any dressing should fall off within 24 hours; if it does not, or if it becomes soaked with urine, it should be removed
- keep the area dry for 24 to 48 hours; avoid soaking in a bath
- you should not swim for one or two weeks
- you should not have any pain passing urine
- try to keep your wound clean and dry after passing urine
- apply a little Vaseline to the tip of your penis and around the stitch line to stop it sticking to your clothing
- wear loose-fitting clothing for two to three days

- you should retract your foreskin on a daily basis to maintain the benefits of the surgery
- you will be given a copy of your discharge summary and a copy will also be sent to your GP.

What can I expect when I get home

- a follow-up appointment may be made for you if required
- you should refrain from sexual activity (intercourse and masturbation) for up to four weeks.

Driving after surgery

It is your responsibility to ensure that you are fit to drive following your surgery.

You do not normally need to notify the DVLA unless you have a medical condition that will last for longer than 3 months after your surgery and may affect your ability to drive.

You should, however, check with your insurance company before returning to driving.

Your doctors will be happy to provide you with advice on request.