

## WHO IS SUITABLE FOR A FRENULOPLASTY?

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Men who have a tight frenulum causing tightness and curvature in the erect penis

Uncircumcised men who have discomfort due to the tightness of their foreskin; frenuloplasty can help to relieve the tightness without the need to have a circumcision

## WHAT ARE THE ADVANTAGES OF HAVING A FRENULOPLASTY?

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Makes retraction of the foreskin easier

Reduces pain or discomfort during sexual intercourse

May correct some curvature of the head of the penis caused by a tight frenulum during erection

May avoid the need for circumcision

## HOW IS A FRENULOPLASTY PERFORMED?



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Frenuloplasty is performed under local or spinal anaesthesia

The procedure is relatively fast, usually taking up to 30 minutes to complete

The tight frenulum is divided and re-sutured to relieve the restriction

Dissolvable stitches are used to seal the wound

Local anaesthetic blocks are used to provide post-operative pain relief.

## WHAT TO EXPECT AFTER A FRENULOPLASTY?



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Recovery from a frenuloplasty is done at home, and in most cases normal activities can be resumed the following day

Strenuous activity should be avoided for 2-3 weeks

The most common side effects include bruising and swelling of the penis. This may be present for

up to 2-3 weeks

Nocturnal erections may be painful during the recovery phase. You can minimise the incidence of these by emptying your bladder before bed, sleeping on your side, and tucking your knees up into the foetal position.

## PROCEDURE OUTCOMES



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Frenuloplasty is an effective treatment for relieving tension, pain and discomfort caused by a tight frenulum. The release of the tight tissue allows for greater range of motion in the penis.

## POST-OPERATIVE CARE INSTRUCTIONS: FRENULOPASTY



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### What to expect:

- Local anaesthetic will be administered during the surgery, so that you are comfortable when you wake. This will wear off over a number of hours, so you may notice some discomfort. You will be prescribed pain

medications. Some pain/discomfort is expected for around 6 weeks

- Bleeding will likely be present from the wound for at least a few days, but may take longer to resolve. Try to leave the dressings in place for 24-48 hours or as advised by your surgeon
- Penile sensitivity is common following surgery and usually resolves within 6 weeks, but may take longer
- Some swelling and redness is to be expected around the wound as it heals. This typically resolves in 6 weeks but may take longer in some cases
- Suture material is dissolvable and in some cases take up to three months to fall off.

### **Return to activity:**

- Driving – no driving for at least 24 hours and until you're comfortable to do so
- Work – you will require some time off work; the duration will depend on your occupation. You should plan to have at least one week off
- Lifting – avoid heavy lifting for 2 weeks following your procedure to minimize secondary bleeding
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for 4 weeks following your procedure
- Sex – avoid for 4-6 weeks.

### **Pain Management:**

You may take your prescribed pain medications, or ibuprofen or paracetamol if you are experiencing discomfort.

**Head to your nearest hospital emergency department if you have:**

- Severe bleeding that cannot be controlled with light compression
- Progressive and expanding swelling of the wound (this may indicate bleeding)
- Inability to urinate (this is uncommon)
- Fevers, chills or shakes (may indicate infection).

**Follow-Up Information:**

Our rooms will arrange a follow-up appointment with your urologist typically 6-8 weeks after your procedure  
Your follow-up appointment is on:

\_\_\_\_\_ at \_\_\_\_\_.

**Contact Information:**

If you have any questions or concerns that are not addressed here or in the procedure information available on

our website [melbourneurologycentre.com.au](http://melbourneurologycentre.com.au) contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here: [Post-Operative Care Instructions](#)

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## References

Rajan, P., McNeill, S. A., Turner, K. J., (2006), Is Frenuloplasty Worthwhile: A 12 Year Experience, [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1963758/] accessed 30/05/2022.

Lalakea, M., Hessner, A. H., (2002), Frenotomy and frenuloplasty: If, when, and how, [https://www.sciencedirect.com/science/article/abs/pii/S104 accessed 30/05/2022.