



PROFESSOR

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Frenuloplasty

Frenuloplasty is a minor surgical procedure performed to release, repair, or lengthen the frenulum of the penis, which is a small band of tissue connecting the foreskin to the underside of the glans (head) of the penis.

A short or tight frenulum (known as frenulum breve) can cause pain, tearing, or difficulty during sexual activity or foreskin retraction. Frenuloplasty aims to relieve these symptoms while preserving normal penile function.

Why might a frenuloplasty be recommended?

A **frenuloplasty** may be suggested if you experience any of the following:

- Pain or discomfort during sexual intercourse
- Inability to fully retract the foreskin
- Tearing or bleeding of the frenulum
- Difficulty exposing the head of the penis
- Recurrent frenular injuries or scarring

Causes of a short frenulum

A tight frenulum is commonly **congenital** (present from birth). Other causes may include:

- Trauma to the frenulum
- Repeated tearing during sexual activity
- Scarring from infection or inflammation

Diagnosis is typically made through a **simple physical examination**.

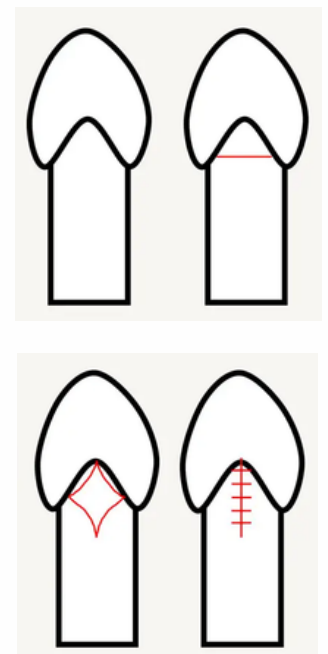
What does the procedure involve?

A **frenuloplasty** is usually performed as **day surgery** under local or general anaesthetic.

During the procedure:

- A small incision is made horizontally across the tight frenulum, **shown in the top image**
- The tissue is then sutured vertically to lengthen the frenulum as **shown in the bottom image** (known as a Z-plasty type repair)
- Dissolvable stitches are used and fall away naturally within 2-3 weeks.

The procedure **generally takes less than 30 minutes**, and most patients go home the same day. In some severe cases, **circumcision** may be recommended as an alternative if frenuloplasty alone is unlikely to resolve symptoms.



Before your procedure

You will be contacted 1-2 weeks prior to your scheduled procedure with specific fasting instructions and hospital admission details. You will also receive a link to complete your online admission forms.

It is important to advise the rooms if you are taking any **blood thinners** or any prescribed medications for **diabetes or weight loss purposes**. The rooms can be contacted on (03) 9329 1197.

Following your procedure

Recovering at home

Some **swelling, mild discomfort, or spotting of blood** is normal. Please keep in mind:

- **Pain** is typically mild and managed with simple analgesia
- Wear **loose-fitting underwear** or clothing for the first few days
- Avoid sexual activity (intercourse or masturbation) for **4-6 weeks** to prevent tearing while healing
- Showering is permitted; avoid baths, spas, and swimming for **1-2 weeks**
- The final appearance will take several weeks to settle

Most patients can resume normal daily activities within a few days.

Possible complications

As with all procedures, there are potential risks. These may include:

Common

- Bleeding - Minor bleeding or spotting is common and usually settles with simple pressure
- Pain or discomfort - Typically mild and well-controlled with simple pain relief
- Scarring - A small scar will form at the surgical site; this generally softens and fades over time

Occasional

- Infection - May cause redness, swelling, discharge, or fever and may require antibiotics
- Persistent pain or sensitivity - Some patients experience discomfort for longer than expected

Rare

- Loss of sensation - Temporary altered sensation of the frenulum or glans; rarely long-lasting
- Difficulty urinating - Swelling may temporarily affect urine flow
- Erectile dysfunction - Extremely uncommon
- Wound dehiscence (wound opening) - May require further treatment

When to seek help

Please contact **Professor Lawrentschuk's rooms** at (03) 9329 1197 or attend your nearest **Emergency Department** if you experience:

- Excessive bleeding
- Fever above 38°C or signs of infection
- Increasing redness, swelling, or discharge
- Inability to urinate
- Severe pain not relieved by medication

Follow-up and monitoring

You will usually have a follow-up appointment **6-8 weeks** after your procedure to assess healing and discuss further management if needed. We will contact you to book this in and find a time that best suits your schedule.