

# Having a frenuloplasty (local anaesthetic)

Department of Urology

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Information for Patients

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## What is a frenuloplasty?

The frenulum is the small bridge of skin lying from the underside of the tip of the penis to the underside of the foreskin. Usually this piece of skin is reasonably long and elastic, but in some men it is too short from birth, or else develops scarring that makes it prone to tearing and splitting particularly during intercourse.

A frenuloplasty is an operation that lengthens the frenulum. The surgeon makes a cut in the shape of a V, which is then gradually loosened and sewn up in the shape of a Y. This usually increases the length of the frenulum by between 1 and 1.5 centimetres.

Your frenuloplasty is planned to be done under local anaesthetic. Local anaesthetic will be injected into the base of your penis, making it numb so that the frenuloplasty can be done without you feeling any pain.

## What are the benefits?

After having a frenuloplasty, the frenulum is less likely to tear or split.

## Are there any complications?

As with all procedures, there are possible risks, including:

- Pain, bruising and bleeding - your penis may become quite bruised and sore. The bruising should start to go down after a few days.
- Wound infection - which may require treatment with antibiotics.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## Are there any alternatives?

The alternative to frenuloplasty is circumcision (removal of the foreskin). If a frenuloplasty does not work, a circumcision may be necessary, but your doctor would not suggest that you have a frenuloplasty unless there is a good chance of it working for you.

## Important information

**Please read the following important information:**

- If you are ill, or cannot keep your appointment for any other reason, please let us know **as early as possible**. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous, and want to talk to someone, please feel free to ring the nurses on the Day Case Unit.

Please let us know: (Monday to Friday 10.00am - 4.30pm):

**Leicester General Hospital    0116 258 4192 (Day Case 1)**

**0116 258 8130 (Day Case 2)**

**Outside these hours contact: Urology Emergency Admissions**

**0116 258 4247**

## What do I need to do before my procedure?

- Read your admission letter carefully
- Do not wear any jewellery (with the exception of a wedding band)
- University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings. Do not bring any valuables with you into the hospital
- Do have a bath or shower before you come into hospital
- Do wear supportive underpants (not boxer shorts) and comfortable clothing

Expect to wait on the unit before your procedure.

## What do I need to bring with me?

- On the day of your procedure, please bring with you:
- **Your appointment letter.** The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- **Any drugs, medicines or inhalers you are using.** You will have been advised when you should stop your warfarin, clopidogrel, and aspirin before your procedure.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

## What will happen on the Day Case Unit?

You should come to the Day Case Unit and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you. The nurse will talk to you about your procedure and ask you a few questions.

You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form. The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

## What happens after the procedure?

You will return to the ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home.

Very occasionally patients need to stay in overnight. If your doctor or nurse feels that this is necessary, they will explain to you the reasons for this.

### Wound care

Your wound will have dissolvable stitches (they do not need to be removed). You should keep your wound dry for 48 hours, after which you can bath or shower as normal. After your bath or shower, gently rinse the wound with clean water, but do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help to support the wound.

Always keep the wound clean and dry. Do not be tempted to touch or pick the stitches. The healing process will take between one and two weeks and your stitches could take up to four weeks to dissolve.

Bruising and slight redness around the wound is usual and will not affect the healing. If you notice any increasing redness, swelling or discharge from the wound, you should contact the Day Case Unit for advice.

### Pain

You may have some pain following your procedure. You will need to buy some painkillers, such as paracetamol. Ask a pharmacist if you need advice about this.

### Please read the following points:

- Take painkillers when the pain starts. Do not wait for it to get really bad
- Take painkillers before you go to sleep so you are able to rest
- If your pain is very bad take the painkillers regularly (four times a day) so they keep your pain under control
- Take painkillers when you wake up, so they are working before you get out of bed.
- Painkillers can cause constipation, so you should drink plenty of water, and eat some high fibre foods such as fruit, vegetables and cereals
- Everyone is different; do not be surprised if you are still having some pain for a week or two, as this is quite normal.

**Driving**

You should not drive for the rest of the day. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.

**Work**

Depending on your job, it is usual for people to return to work two or three days after surgery.

**Sex**

You should avoid sexual activity until your wound is completely healed, which could be about four to six weeks after the procedure.

**Physical activity**

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks.

**Avoid strenuous activity, contact sports and heavy lifting for at least two weeks.**

**Holidays**

Flying too soon after an operation can increase the chance of problems, and you may not be covered by your insurance, please discuss this with your insurance company.

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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