



Patient Information Leaflet:

Frenuloplasty under Local Anaesthetic

What is a Frenuloplasty?

A **frenuloplasty** is a small surgical procedure used to treat a tight or short **penile frenulum** — the band of tissue on the underside of the penis that connects the foreskin to the glans (head of the penis). If the frenulum is too short (a condition sometimes called *frenulum breve*), it can cause:

- Discomfort or tearing during sexual activity
- Pain during erections
- Difficulty retracting the foreskin fully

A frenuloplasty lengthens the frenulum to allow greater flexibility and comfort.

What Does the Procedure Involve?

At The Forbury Clinic, the procedure is performed under **local anaesthetic**, meaning you will be awake, but the area will be fully numbed.

- A numbing injection is given at the base of the penis
 - A small incision is made in the frenulum to release tension
 - The area is then stitched using **dissolvable sutures**
 - The procedure takes about **20–30 minutes**
 - You can go home the same day
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Will It Hurt?

You may feel a brief sting with the anaesthetic injection, but the procedure itself should not be painful. Some mild discomfort, swelling or bruising is normal afterwards and usually settles within a few days.

Aftercare Advice

Frenuloplasty under Local Anaesthetic PIL

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To support healing and reduce the risk of complications:

- **Keep the area clean and dry** for the first 48 hours
 - Gently wash with warm water daily after this (no soap directly on the wound)
 - **Avoid sexual activity or masturbation for at least 4 weeks** to allow the area to heal
 - Wear **supportive underwear** to reduce friction
 - **Dissolvable stitches** usually fall out within 2–3 weeks
 - You may use **paracetamol or ibuprofen** if needed for discomfort
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What to Expect During Recovery

- Some swelling, mild bleeding or bruising is normal in the first few days
 - Itching or tightness as the wound heals is also common
 - Most people return to non-strenuous activities within 1–2 days
 - You will be given contact details in case of concerns
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When to Seek Medical Advice

Please contact us if you experience:

- Increasing redness, pain or swelling
 - Yellow discharge or signs of infection
 - Difficulty passing urine
 - Bleeding that doesn't stop with light pressure
 - Fever or feeling unwell
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Will It Affect Sexual Function?

Frenuloplasty is designed to **improve comfort during erections and sexual activity**. Once healing is complete, many patients report reduced pain or tightness and improved confidence.

Questions or Concerns?

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Our team is here to support you — before, during and after your procedure. If you have any questions or are unsure about anything, please don't hesitate to contact us.

 **The Forbury Clinic**
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