



Day Surgery

Patient Advice Following a Frenuloplasty

You have had an operation to lengthen your frenulum. This is the small tag of skin stretched from the underside of the tip of the penis to the underside of the foreskin.

Pain

You may experience some discomfort. You should take some pain relief as necessary and follow the instructions on the packet. Do not exceed the recommended daily dose. Erections may also be painful initially.

You may experience some discomfort when you pass urine. This should settle down within a few days. This will ease by increasing your fluid intake making your urine more dilute and less acidic. If this discomfort continues or gets worse contact your GP.

Wound

It is advisable to keep the wound clean and dry for the first 24 hours to promote healing and minimise the risk of infection. You can then shower as normal but avoid soaking the wound.

The wound may be covered initially with a lubricated gauze dressing which usually falls off on its own. If it does not fall off within 24 hours, you can gently remove it in the shower. To minimise the risk of irritation to the wound, avoid using scented soaps and talcum powder.

Observe the wound for signs of excessive inflammation, swelling, pain, bleeding or difficulty in passing urine. If you have any concerns please contact your GP or out of hours doctor.

Stitches

The wound has been closed with sutures that do not need to be removed. These will gradually dissolve approximately 14-21 days after the operation.

Activity

It is normal to feel tired following sedation or a general anaesthetic. Take it easy for the first 24 hours. Take regular short walks to help the circulation in your legs. Avoid erections for the first week; this is to prevent pain and stress being placed on the stitches which could delay healing. You can resume sexual relationships after a few weeks, once the wound has healed and you feel comfortable.

You must not drive for 24 hours following a general anaesthetic. This is a requirement of the Road Traffic Act.

Your own circumstances will determine when you return to work. You can self-certificate for one week; contact your GP for a certificate if further time off is required.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to:

Your GP or out of hours GP

NHS Direct

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Dorchester Day Surgery Unit

01305 254501 (on day of procedure only)

Weymouth Day Surgery Unit

01305 762664 (on day of procedure only)

Easton Day Surgery Unit

01305 255771 (day of procedure only)

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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