

Having a frenuloplasty (general anaesthetic)

Department of Urology

Information for day case 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 a procedure 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.

What is the benefit of having a frenuloplasty?

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

What are the possible 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.
- Anaesthetic problems - you may have a reaction to the anaesthetic, for example nausea, vomiting or dizziness.

You will have time to discuss all these risks with the doctors and nursing staff before you consent to having a frenuloplasty.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

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 will not suggest that you have a frenuloplasty unless there is a good chance of it working for you.

Preparing for your procedure

Please read the following important information:

- If you are ill, or cannot keep your appointment for some 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 ring one of the numbers below:

(Monday to Friday 9am to 6pm)

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 (24 hours)

What happens before my procedure?

You will be seen in a pre-assessment clinic at some point before your procedure, to make sure you are fit for day surgery. At this appointment the nurse will go through your paperwork with you and you will be given information about your procedure.

You will be told about the consent form that you will be asked to sign to give the surgeon permission to carry out your procedure. This appointment is a good time to ask any questions you may have - please write these down if that will help.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you, and may include an electrocardiograph (heart tracing / ECG), screening swabs and blood tests.

If you are taking any medication, please bring it with you.

What arrangements do I need to make before my procedure?

Before you can have your procedure as a day case, you need to plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your procedure.
- You must have a responsible adult at home with you for at least 24 hours after your procedure.
- You must have a telephone at home.

You **must not** drive, cycle, operate machinery or drink alcohol for 48 hours after your procedure.

Important: Driving after an anaesthetic is a criminal offence, and will affect your insurance cover.

What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your letter.
- Do not wear contact lenses.
- Do not wear jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

Expect to wait on the unit before your procedure.

What do I need to bring with me on the day of my procedure?

- **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.** Please take your necessary medication before attending; the pre-assessment nurse will advise you when you should take your medication.
- 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 while I am 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.

You will also be visited by your anaesthetist - this is the doctor who will look after you while you are asleep.

The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

What happens after my procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness 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. You will need to eat and drink before you can 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). Your surgeon may also have put a gauze dressing over the wound, which usually falls off after a few hours.

You should keep your wound dry for 48 hours, after which you can bath or shower as normal and you can remove the gauze if it has not already fallen off. 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.

Further information

Driving

You must not drive for 48 hours after a general anaesthetic. 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 to return to work two to 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 a procedure can increase the chance of problems, and may not be covered by your insurance, please discuss this with your insurance company.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk