



Penile Frenulectomy
Patient Information




**Gentle
Procedures
Clinic**



Gentle Procedures Clinic

*Minds that innovate. Hands that heal. Hearts that care.
No matter what your needs are, we're in this together.*



You are considering to have, or about to have, a frenulectomy procedure. This booklet will give you the general information you need. Please read it with care, and we hope that you find it to be a useful reference before and after your procedure.

* **IMPORTANT** : If your doctor gives you different advice from what has been provided in this booklet, please follow the specific directions you receive.



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Welcome

Welcome to Gentle Procedures Clinic. We strive to uphold the highest standards of patient care and surgical excellence. In keeping with this philosophy and to ensure that all patients are properly prepared before their procedure, we have prepared this manual which you should read with care.

About Us

Gentle Procedures Clinic is Canada's provider of Pollock Technique™ circumcision for babies, boys, and men of all ages. We also offer no-scalpel vasectomy as well as penile frenulectomy at most clinic locations.

With experienced physicians and convenient clinic locations, we can provide you with the care you need within days of calling our clinic. For added convenience, we offer online booking for fast service, and to allow booking when most suitable for patients.

Our dedicated team of physicians and staff take pride in providing personalized services and individualized care; we offer 24/7 aftercare and support before and after all procedures. The Gentle Procedures Saskatchewan clinics are part of the broader Gentle Procedures network, with clinics across Canada and Australia, as well as in the UK, Ireland, and the US.

About Dr. Amith Mulla

MBBS., M.Sc., FRCSC., FACS., DABS

Dr. Mulla is a practicing general surgeon with decades of experience.

He is a Fellow of the Royal College of Physicians and Surgeons of Canada and Diplomate of the American Board of Surgery. Dr. Mulla is also an Assistant Professor of General Surgery at the University of Saskatchewan College of Medicine.

Dr. Mulla has developed a keen interest in medical procedures and pursued training in Pollock Technique™ circumcision, no-scalpel vasectomy and penile frenulectomy with Dr. Neil Pollock at his Vancouver clinic and training centre.

He is pleased to be able to offer the quick and virtually painless Pollock circumcision, no-scalpel vasectomy and penile frenulectomy in Saskatoon, Regina and Swift Current for patients from all over Saskatchewan. He is the only certified provider of Pollock Technique™ procedures in the province.

At Gentle Procedures Saskatchewan, Dr. Mulla is supported by a dedicated and highly qualified team that ensures the comfort and care of his patients.

Providing the highest level of care while delivering surgical excellence is Dr. Mulla's focus. He strives to be up to date with medical knowledge and surgical skills in order to support his commitment to exceeding patient expectations.

About Penile Frenulectomy

What Is Penile Frenulectomy?

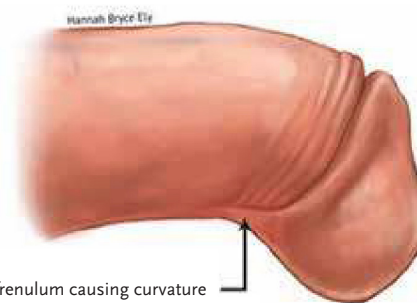
Penile frenulectomy and frenuloplasty are procedures that can alleviate the pain associated with a tight band of tissue connecting the glans to the shaft of the penis on its underside. When the frenulum is tight or short this is called a frenulum breve. A tight frenulum can exist in both circumcised and uncircumcised men and can create a restriction that is susceptible to micro-trauma, causing bleeding and painful erections.

The procedure involves the removal of the restricting tissue for increased range of motion in the penile skin and enhanced sexual enjoyment. The procedure is performed using a long acting local anaesthetic and generally results in relief with a very brief recovery period.

Tight Frenulum – A Cause of Penile Pain and Bleeding During Sex

The frenulum of the penis is a band of tissue located underneath the penis. When the frenulum is tight or short, this is called a frenulum breve. This can result in tension on the frenulum during erections, which can rip and tear during vigorous activities such as sex, causing pain and bleeding which in turn causes many men to lose their erections.

Some men go through their entire lives suffering from pain and bleeding unaware that there is a cure. The degree of tightness and thickness of the frenulum varies from men to men.



Tight frenulum causing curvature with erections

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A Tight Frenulum May Cause Premature Ejaculation

Premature ejaculation is uncontrolled ejaculation either before or shortly after sexual penetration. It happens with minimal sexual stimulation and before the person wishes. It may result in unsatisfactory sex for both partners. This can increase the anxiety that may add to the problem. It is one of the most common forms of male sexual dysfunction. Between 30% and 70% of men have PE. While it is more common in younger men, it can happen at any age.

Having an orgasm too soon is not always cause for concern. However, clinical diagnosis is made when a man exhibits the following symptoms:

- Ejaculation occurs too quickly, often in the first few minutes of intercourse, or in other sexual situations, even during masturbation
- Inability to delay ejaculation most of the time
- Feelings of anxiety, or avoidance of sexual intimacy as a result

Both psychological and biological factors can play a role in premature ejaculation. Although many men feel embarrassed talking about it, premature ejaculation is a common and treatable condition.

Premature ejaculation can be classified as:

- **Lifelong (primary).** Lifelong premature ejaculation occurs all or nearly all of the time beginning with your first sexual encounters.
- **Acquired (secondary).** Acquired premature ejaculation develops after you've had previous sexual experiences without ejaculatory problems.

Some studies report that a short frenulum is found in up to 43% of individuals affected by premature ejaculation. It is thought that the frenulum plays an important role in penile erection and when frenulum tension exceeds a certain limit, orgasm and ejaculation may be accelerated. When the frenulum is lengthened, penile tension and sensitivity may be decreased.

Penile frenulectomy has been shown to be effective in some but not in all cases of premature ejaculation.

Our Approach

We are familiar with several different techniques being used around the world. Depending on the size and shape of your penile frenulum, we may employ a scalpel or bipolar diathermy to release it. Once the frenulum is released, we will then assess whether dissolvable stitches will be necessary to approximate the incision.

Regardless of your anatomy, our goal is to provide the optimal aesthetic and functional result. Recovery usually takes only a few weeks. Procedures are performed under long lasting local anaesthetic.

Common Questions

Can the problems associated with a short frenulum get better by themselves?

No, unfortunately a short frenulum generally does not get better on its own. Sometimes stretching exercises are suggested, but the frenulum is a rather tough tissue that is not easily stretched. A frenulectomy is usually necessary to release the tight band of tissue creating painful downward traction on the glans.

Is a frenulectomy painful?

We perform frenulectomy under long-acting local anesthesia and those men who have undergone this procedure usually describe it as virtually painless.

What are the potential risks of the procedure?

- Swelling and bruising at the site of the procedure (1/100).
- Infection requiring antibiotics (1/500).
- Bleeding (usually mild) (1/100).
- Scarring at the site of the operation (1/100).

- Meatal stenosis due to injury to the frenular artery requiring a meatotomy (1/500).
- Suboptimal cosmetic or functional effect requiring a second procedure (1/100).
- Chronic pain at the site of the surgery (1/500).
- Vasovagal reaction causing light-headedness after the procedure (1/200).

How long does it take to recover?

Recovery from penile frenulectomy is relatively quick and painless. Most men do not require additional pain medications after the procedure and are able to return to office work the next day. If your work requires heavy or physical activity, you will need a few days off.

We generally recommend no sex for at least 5-6 weeks to allow the surgical site to heal optimally and sutures, if required at the time of the procedure, to dissolve.

How will this affect my sex life?

After a frenulectomy, because the tight band is released, sex becomes more pleasurable due to less pain and worry from tearing and bleeding.

If I am uncircumcised, how will frenulectomy affect my foreskin?

Frenulectomy does not affect your foreskin and you will remain uncircumcised. Because frenulectomy only involves releasing the tight band of tissue underneath the penis where it attaches to your foreskin, your foreskin will be preserved. If you are interested in circumcision, please refer to our website for more information.

Patient Instructions for Penile Frenulectomy

Pre-Operative Instructions

1. For one week prior to your surgery date, do not take any aspirin, anticoagulants (warfarin) or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, or diclofenac. These medications will thin your blood.
2. Please avoid any alcohol 2 days before and after the procedure.
3. Please shave your pubic hair the day before the procedure as best you can.
4. On the day of your surgery eat before your procedure (a normal breakfast or lunch) as those who don't are more likely to become lightheaded.
5. Please take a shower with soap and water the day of your procedure.
6. Please arrive 15 minutes before for your appointment. You may drive yourself to and from the clinic after your procedure, although you may choose to have a driver if that makes you more comfortable, especially if you have a history of easily fainting.
7. Wear light clothing because it will be warm in the room and wear clothes you won't mind getting some iodine on.
8. When you are in one of the surgical rooms, you will not be required to fully undress; you just need to lower your pants, lie back on the table and relax.
9. You are now ready for your frenulectomy.
10. You are welcome to bring and listen to any music/podcast or watch any programming or play any games on your mobile device during the procedure.
11. If you have any questions, feel free to discuss with the doctor during your procedure.

Post Operative Instructions

1. Most men do not require any additional pain medication after the procedure, but you may take up to 2 extra strength acetaminophen tablets every 6 hours as needed for pain control. After 48 hours, you should take ibuprofen, 400 mg, every 6 hours, only as needed.
2. There may be a small amount of bleeding at the surgical site. This is normal and will stop in a few days. If it does not, call our office or emergency number provided.
3. Follow up is typically conducted 2 days after your procedure. Subsequent follow up appointments are at 2 weeks and then at 6 weeks after your procedure. Please call our office to schedule these appointments.
4. You may return to office work the next day, but your work requires a lot of activity you should take 2-3 days off.
5. We recommend no sexual activity for about 5-6 weeks or until the sutures come out completely.



Gentle Procedures Clinic

*Thank you for your interest in
Gentle Procedures Clinic for a
penile frenulectomy procedure.*

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