

FRENULOPLASTY (SURGERY OF THE PENILE FRENULUM)

Frenuloplasty is a surgical correction of the frenulum of the foreskin when it is too short and causes discomfort during erection or gets injured during sexual intercourse.

The procedure lasts about 15 minutes and is performed under local or general anesthesia.

During the operation, the short frenulum is surgically lengthened, the wound is closed with absorbable sutures, and a dressing is applied.

Before the operation, a consultation with a urologist is required to assess your health condition and determine whether the procedure is indicated.

Preparing for surgery

Once the surgery date is set, you will be scheduled for the necessary tests and examinations.

If the procedure is to be performed under general anesthesia, you will receive an anesthesia questionnaire, which must be filled in as accurately as possible, including:

- Past and current illnesses.
- Medications you are taking or have recently taken.
- Allergies to medications.
- Previous surgeries.
- Lifestyle habits (e.g., sports, smoking, alcohol use, etc.).

Based on this information, the doctor will decide whether an additional consultation with the anesthesiologist is needed.

If you are unable to attend the operation at the scheduled time, please notify us as soon as possible by calling **605 0610** (Mon–Fri 8:00–17:30).

Important! Inform your doctor and urology nurse if:

- You take blood-thinning medications (e.g., Marevan, Plavix, Eliquis, Xarelto, Aspirin, etc.).
- You have drug allergies.
- You have symptoms of a cold.

The day before and the evening before surgery:

- Eat easily digestible foods.
- Drink plenty of fluids.
- Avoid alcohol.
- Prepare painkillers, antiseptics, and dressing materials at home.

Morning of surgery:

- Bring your ID, anesthesiology form, informed consent, and medications for chronic conditions.
- Take only approved medications with a small amount of water.
- Do not eat, chew gum, or smoke for **6 hours**.
- Do not drink water for **4 hours**.
- Shower at home.
- Do not swallow water while brushing your teeth.

The medical service is provided by the public limited company Medicum Tervishoiuteenused under license No. L07189 at the address: Sepise 7, Tallinn. For the provision of the service, the company Ülemiste Kirurgikliinik AS (Aurora Clinic) has also been additionally engaged. Medicum Tervishoiuteenused is also the data controller responsible for processing the patient's personal data.

- Remove all jewellery.
- Arrive by taxi.

Before surgery:

- Put on the surgical clothing provided.
- Remove and give the nurse your glasses, contact lenses, and removable dentures.
- Use the toilet before going to the operating room.
- Bring your hearing aid and/or asthma inhaler, if needed.

After the surgery

- You may experience dizziness and nausea after anesthesia.
- If you feel pain, ask for pain relief. Pain usually subsides by day 2 or 3.
- Discharge is typically on the same day, unless your doctor advises otherwise.
- Do not drive or operate machinery for 24 hours after anesthesia due to impaired reflexes.
- Arrange for someone to take you home.
- Clean the wound with an antiseptic (e.g., Octenisept) until you begin washing the wound under running water.
- You may take a shower for 72 hours after the operation. Gently pat the surgical area dry — do not rub.
- It is important to follow a gentle recovery regimen for one week to support healing. Move according to how you feel, eat healthily and diversely, and drink plenty of water.
- During the first week, wear tight-fitting underwear — this helps reduce the risk of swelling.
- Avoid activities or exercises where the penis could be struck or injured.
- You may go to the sauna, bath, or swimming after the wound has fully healed, approximately 4–6 weeks after surgery.
- Avoid sexual activity for 4–6 weeks.

Work and recovery

The duration of sick leave depends on your profession. You may return to work as soon as you feel ready.

If your condition suddenly worsens, go to the emergency department or call an ambulance.

If you experience bleeding, inflammation, severe pain, or fever over 38 °C, contact Medicum City Centre Clinic at **605 0610** (Mon–Fri 8:00–17:30) or visit the emergency department.

If a drain was placed, please schedule a follow-up with a urology nurse by calling **605 0610** (Mon–Fri 8:00–17:30).

A follow-up appointment with a urologist is usually not required. If you still wish to have a check-up, please inform your doctor before the surgery, and an appointment will be arranged for you.