

# The Male Clinic

## Genital enhancement surgery

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## Penile enhancement surgery

Throughout history the penis has always been regarded as a symbol of masculinity, hence penile size and shape are frequently a source of anxiety for many men. Many men consciously or subconsciously define their identity and personality through their penis, with the view that “bigger is better”. Media and Internet never cease to reinforce this belief.

The question of what is considered a “normal penis” remains controversial. There is no scientific consensus and no standardization, but for practical purposes the average flaccid un-stretched penis is generally 9.0-9.5cm. It increases to an average erect length of about 12.5-14.5cm and an average erect girth (measured around the mid shaft) of about 10-10.5cm.

Only a very small number of men suffer from what is termed a “micropenis”, which is a congenital or acquired condition that results in an abnormally short penis. In some men diseases such as prostate cancer, pelvic or genital surgery, Peyronie’s disease, lichen sclerosus, penile cancer or trauma can result in penile shortening. This can be associated with functional and psychological problems.

Penile size and shape are often a very sensitive topic amongst men. Though the majority of men fall within the “normal” size range, concerns regarding penile size and girth can cause low self-esteem, sexual dysfunction, depression and psychiatric disorders.

Penis enlargement has become the most sought after aesthetic medical treatment for men. This is not surprising as 45% of men report that they are dissatisfied with their penis size.

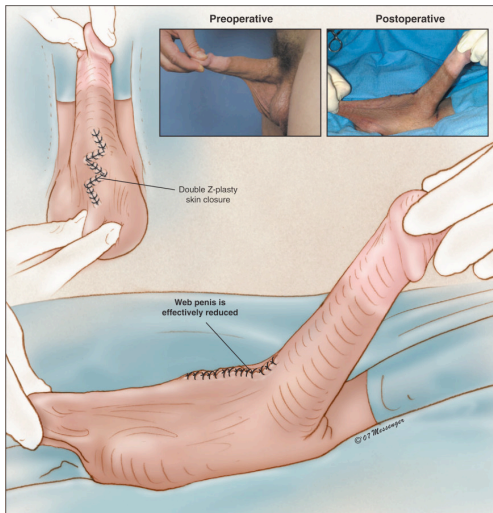
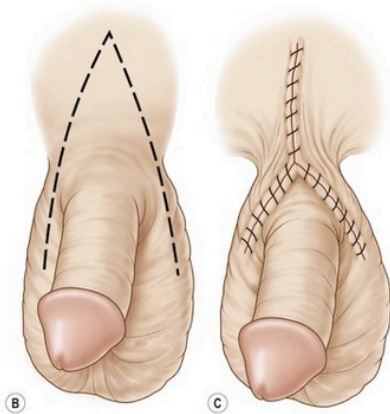
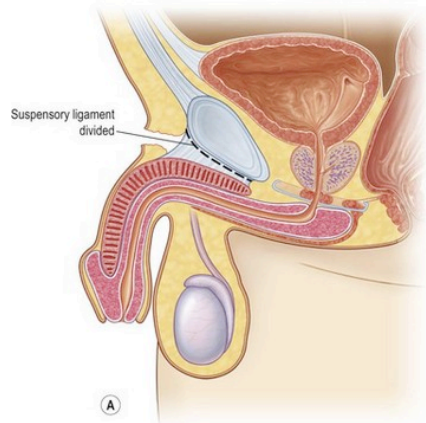


There is a lot of conflicting information regarding penile enhancement: today, advertisements boast huge penis size resulting from an array of methods ranging from pills, pumps, penis extenders, natural techniques, chemical enlargement, surgery, implants, girth injections, platelet rich plasma injections carried out by doctors, self-proclaimed experts and anonymous internet forums. What are the techniques that really work? What is feasible and what methods are simply a waste of time and money?

While pills, creams and other medicinal products do not work; **surgical penis enlargement** as well as **non-surgical enhancements options** in the hand of experienced surgeons can offer significant gain in penile length and girth.

If you are interested in exploring the various options of penile enhancement surgery, please feel free to request a confidential consultation with Mr Fahmy or Mr Seipp. We are looking forward to discuss your expectations and explain possible treatment options in detail.

The costs for your treatment will depend on individual circumstances and the chosen surgical techniques. We will be able to quote exact figures after a detailed non-binding consultation with one of our surgeons.



## Penile lengthening procedures

### Division of suspensory ligament

Approximately half of the penis is positioned inside the body. It is attached to the pubic bone by the suspensory ligament. When this ligament is released, the penis drops, or extends, further outside the body, increasing the outside length. A small silicone spacer attached to the pubic bone will prevent reattachment of the ligament.

### Plastic skin procedures

The lengthening effect can be enhanced by cosmetic skin surgery on the back of the penis (VY- or Z-plasty) and/or surgery between the scrotum and penis with reconstruction of the penoscrotal angle to expose more to the penile shaft (division of scrotal web).

### Pubic tuck and liposuction

A common problem of larger male patients who express a desire for added length is the excess skin and fat that forms in the pubic area above the penis. A significant part of the penis becomes buried in a fat pad, - in extreme cases the entire penis can disappear in the fat.

Weight loss alone is usually not sufficient and only surgical removal of the fat can expose the penis in its previous length. Many times liposuction alone will be sufficient to uncover the base of the penis if the skin is not excessive.

If there is excessive skin, it will need to be removed to obtain added length. The skin acts like a turtle neck sweater and covers the base of the penis. Removal of

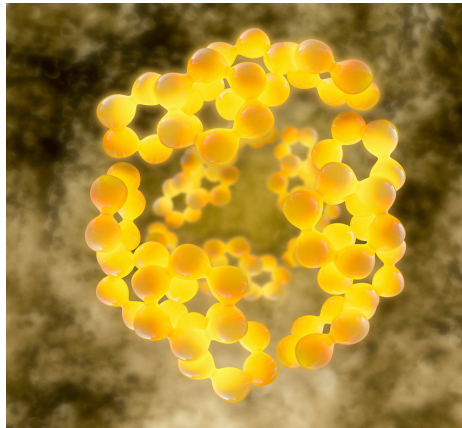
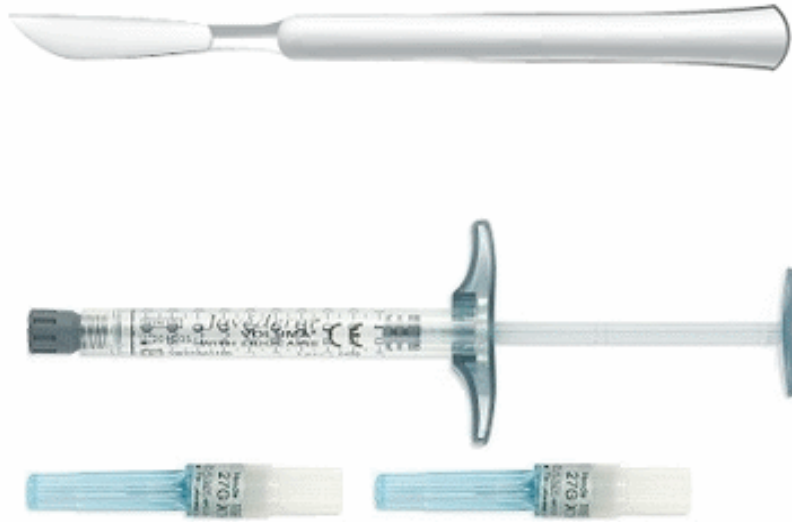
the skin should be combined with release of the ligament to achieve the best possible result. The skin removal is called a pubic tuck, - it is not as extensive as a tummy tuck (abdominoplasty). The incision is usually placed in the crease in the pubic area and improves with time.



*Penis "buried" in excess infrapubic fat pad – before and after pubic tuck and division of suspensory ligament*

*To achieve the best possible results various procedures often have to be combined.*





**Penile girth enhancement**

Traditionally one of the most common procedures to enhance the thickness of the penis is the injection of fat (free fat transfer). The fat injected is usually harvested from other parts of the body (liposuction). A proportion of injected fat is being absorbed over time and the results of a free fat transfer remain somewhat variable. An alternative is the use of hyaluronic acid injections into the penis. Hyaluronic acid is widely used as filler in aesthetic medicine. The treatment does not require general anesthesia, only takes minutes and there is no downtime as with surgery. The penis is instantly thicker and the effect usually lasts for about 12-24 months. Repeat treatment will be possible.

In cases where an increase in the size of the penile tip (glans penis) is required,

hyaluronic acid gel injections can be used safely and effectively.

Permanent grafts (either harvested as dermal fat grafts from other parts of the body or commercially available biological matrix) can be used to enhance penile girth. The penile skin will be pulled back and the graft material will be wrapped around the penile shaft and secured with absorbable sutures.

Surgical procedures to enhance penile girth can be carried out on their own or ideally in combination with an operation to lengthen the penis.





## Penile augmentation

If you are genuinely worried about the size of your penis, you should not hesitate to arrange an appointment to discuss your concerns with a qualified and experienced professional. A consultation can often dispel your doubts that your penis is too small, - on the other hand, it will offer you the possibility to discuss your expectations and it will give you a realistic perspective of what you could possibly achieve both with surgical and non-surgical treatment options. If you feel embarrassed to discuss this issue with your own GP, please do not hesitate to contact us for an in-depth consultation.

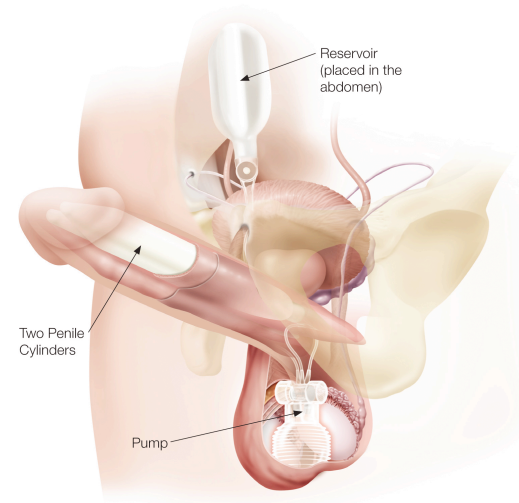


## Bent penis

Not only the size, but also the shape of the penis varies from man to man. Some men with grow up with a curved penis while others acquire deformities later in life. Particularly in cases where the deformity occurs later in life, the penile bent is often associated with significant shortening of the shaft. For men who are worried about the shape of their penis there are both minimal-invasive as well as surgical treatment options available to restore penile shape, size and function.

## Penile cosmetic surgery

Unightly circumcision scars or other cosmetic problems affecting the penis may require surgical attention. If you are worried about the appearance of your penis, feel free to contact us for a confidential consultation.



## Erectile dysfunction

Not being able to get an erection can cause embarrassment and distress. There are multiple medical and minimal-invasive treatments that help men who are struggling with their erectile function. In some cases, where simple treatments have failed, the insertion of either a semi-rigid or inflatable penile implant can provide excellent results in restoring a satisfactory and almost normal sex life. If you suffer from erectile dysfunction and would like to return to a life where you can become intimate when the mood strikes, then do not hesitate to contact us. We have extensive experience in penile implant surgery with one of the highest treatment numbers in the UK.



*Combining state of the art aesthetic surgery and urology, we offer the most advanced treatments in penile aesthetic and functional surgery applying up-to-date medical research and technological developments in uro-genital surgery and andrological treatments.*

*In addition to the individual medical excellence, you will benefit from the combined expertise of two consultants who will endeavor to provide you with the best possible treatment.*

*Please feel free to arrange a private and entirely confidential consultation to discuss your individual concerns.*

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