



# The Why & How of Penoplasty

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## Genital Plastic Surgery

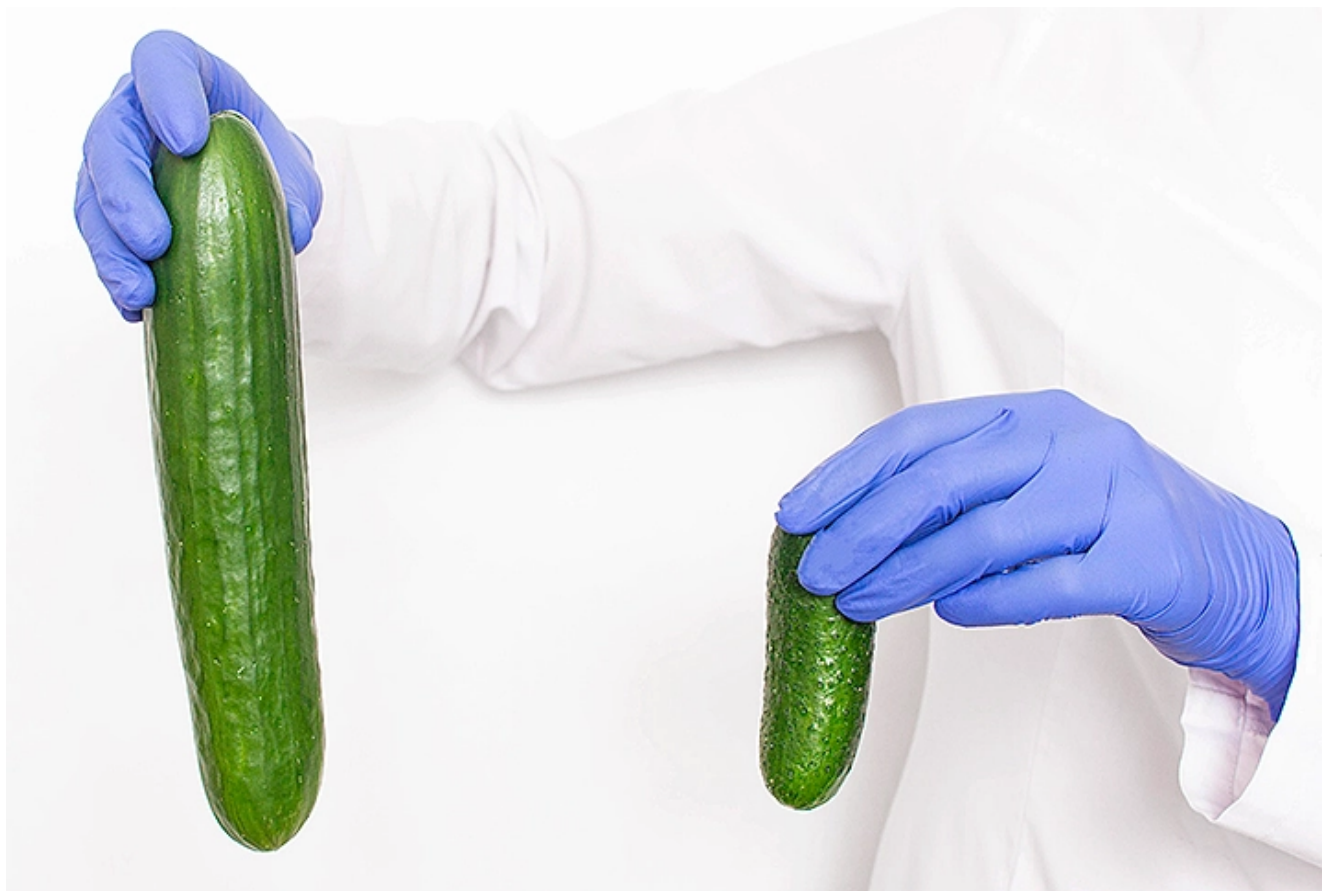
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Unhappy about the size of your penis? Consider penoplasty, or plastic surgery of the penis.



Written by

Diana Rangaves, PharmD



For men who have anxiety about the size of their penis, penoplasty might be a good option. The procedure is both safe and effective, which is why it has become increasingly common.

A surgical procedure that enlarges the shaft of the penis, penoplasty can entail increasing the length of the penis, its girth or both. This method is more effective and generally more trusted than so-called male enhancement pills.

## Why get a penoplasty?

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Historically and culturally, a large penis has equated to power and masculinity. It should come as no surprise that men with a smaller penis often lack confidence, not because they are powerless or less masculine, but because of the artificial pressure of societal belief. Still, research has shown that penis size is important for female

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The reasons men ultimately choose to undergo penoplasty are complex and personal. Male confidence and their desire to please their partners likely play dual roles in the growing popularity of penoplasty.

As any surgery involves risks, understanding the procedure is necessary to make an informed decision.

## The penoplasty procedure

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Regardless of the type of penoplasty, the surgery is almost always performed under general anesthesia in a hospital.

A penoplasty to increase penis length involves releasing a ligament that can result in a gain between 1 and 3 centimeters. Penoplasty to increase penis girth involves transferring fat from another part of the body, such as the inner thigh, to the penile shaft. Girth can then increase from anywhere from 2 to 4 centimeters.

Penoplasty is a simple procedure that lasts around two hours. Men can expect minimal pain once the surgery has been completed. This is largely due to the use of analgesics to help keep postoperative discomfort to a minimum. Patients are generally prescribed medications to prevent inflammation and infection, too.

Swelling tends to last up to three weeks after a penoplasty, although the need for painkillers usually subsides after about a week. The penile shaft will retain a scar that may fade over time. Additionally, a man recovering from penoplasty needs to rest for two weeks, stay away from the gym for four weeks and refrain from sex for at least six weeks.

Research has confirmed that penoplasty performed by a qualified surgeon is safe and produces measurable results. However, this does not make it a flawless surgery. Specifically with girth penoplasty, fat lumps are a risk, although they can be prevented by targeted massage. Fat reabsorption and tight foreskin are other potential risks.

## **A nonsurgical alternative**

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The most popular nonsurgical alternative to penoplasty is a girth-enhancing procedure that involves the injection of hyaluronic or polylactic acid. A doctor injects the filler with the patient under local anesthetic. The procedure takes about 30 minutes, unless the patient wants additional injections, in which case they can be spread out across multiple sessions for additional enlargement.

This form of nonsurgical penis enlargement is not permanent. It usually lasts about 18 months, and it is reversible, meaning the injected material can be removed by injecting an enzyme.

## **Final thoughts on penoplasty**

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A study in the journal *Psychology of Men and Masculinity* reported in 2006 that only 55 percent of men are satisfied with the size of their penis, which matters because how a man feels about his penis can significantly affect his quality of life.

Penoplasty is a safe operation that produces results, which makes it a viable option for men who desire penis enlargement. The procedure can drastically decrease a patient's anxiety and improve his self-esteem, which in turn can have a positive "domino effect" on both the quality of his sex life and his relationships at large.



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