

## PHIMOSIS

### What is Phimosis?

Phimosis is defined as the inability to retract the skin (foreskin or prepuce) covering the head (glans) of the penis.

Most phimosis is physiologic (a normal variant). Children are born with tight foreskin at birth and separation occurs naturally over time. Phimosis is normal for the uncircumcised infant/child and usually resolves around 5-7 years of age, however the child may be older.

In rare cases phimosis can cause medical issues and requires treatment.

### Care of Uncircumcised Penis:

In infancy, no special foreskin care is required. The foreskin should not be forcibly retracted, however gentle retraction is okay. In the first few years of life, gentle retraction with cleansing underneath the foreskin during diaper changes or bathing will result in progressive retraction over time.

Once the child is older and the foreskin retracts fully, please teach your son to retract, cleanse and dry underneath the foreskin when bathing.

### What are the signs phimosis needs to be treated?

- phimosis does not resolve naturally with time and manual retraction
- persistent penis pain
- ballooning out of the foreskin, thin stream of urine and difficulty urinating
- pain with urination
- painful erections
- recurrent infections of the bladder or head of the penis

### How is phimosis treated?

Treatments for phimosis vary depending on the child and severity of phimosis. Treatments may include: gentle daily manual retraction, topical corticosteroid ointment application or circumcision.

### Topical corticosteroid therapy:

One of our physicians will determine if this treatment is right for your child. The regime includes:

- massaging medication into the tight skin twice daily for 6-8 weeks along with manual stretching/retraction twice daily.
- Once the foreskin can be fully retracted, the ointment is discontinued and manual daily retraction (during warm baths and urination for the potty trained child) continues.

### Circumcision:

Male circumcision refers to the surgical removal of the foreskin. It is rare for this to be needed to treatment phimosis.