**INFORMED CONSENT – PENIS ENLARGEMENT SURGERY**

Penis enlargement surgery may refer to increase of either, or both, the length and thickness of the penis. It is usually considered by men who lack confidence in the size of their penis. It's not always because they want more confidence in sexual relationships, although this is a common theme, it can also be requested because men can also lack confidence when going to the gym and changing in front of other men.

Benefits experienced by patients are:

* A feeling of increased masculinity
* Increased self esteem and confidence
* The ability to wear shorts /swimwear which appear more flattering
* A feeling that they can move forward with personal relationships

The surgery usually takes around one hour and is typically performed under general anaesthetic.

The procedure may be carried out as a day case procedure or overnight stay. If you have a long distance to travel home you may be recommended to stay in hospital for one night or have someone with you to accompany you home.

Your operation will take place at one of our nominated private hospitals. All hospitals are registered with the Care Quality Commission.

The Operation

The surgeon will make a small incision in the pubic area to access the suspensory ligament to increase the length of your penis. This ligament is released from its attachments. This makes the penis hang to a lower position giving the appearance of length gain. The actual incision made could be a sideways incision (transverse position) in the pubic hair area, or a Y plasty incision also in the pubic hair area. You should discuss with the surgeon which incision is most appropriate for you. During the surgery a small 12-15cc Silicone Buffer is placed between the pubic bone and the penis. It acts as a buffer and prevents the reattachment of the ligament.

In releasing the suspensory ligament the flaccid length of the penis is increased by approximately 1-2 inches. We cannot tell in advance exactly how much extra you will gain, but on average most men achieve length gain of one inch or more. However, your results could be better or worse than the average. Following surgery you will need to use a stretching device, usually a penis extender. This extender helps prevent the suspensory ligament re-attaching itself to the pubic bone and pulling the penis back.

Patients are encouraged to use the extender daily for up to 12 months. This is because extra gains can be achieved with consistent use of the extender after surgery.

To increase thickness a small liposuction procedure is carried out to harvest fat in preparation for the transfer. In most men some fat is available on the stomach, although other areas such as the buttocks or the thighs can also be used. The fat is then injected along the penis shaft to increase the thickness after undergoing a purification process with a system such as Lipivage.

**The results of the thickening treatment are evident in both the flaccid and erect states of the penis.**

**In terms of thickness gains, generally most men achieve gains of up to 2.5 inches.**

SURGEON CONSULTATION

At your first consultation you will be asked what bothers you about your penis size and about your expectations from the surgery. You will be examined and some discussion will follow about the potential outcome of your surgery. If you are considered suitable you will be told about the operation, the expected outcome and potential risks and complications. Your surgeon will need to assess your fat stores if you want penis thickening to ensure that you have sufficient fat for a transfer. Your surgeon will not be able to guarantee a specific increase in your penis size.

“COOLING OFF” PERIOD

It is essential that you are making the appropriate choice and understand the implications of surgery you are considering. Moorgate suggest that Patients take a 14 day cooling off period after they have seen their surgeon and before their operation.

RISKS

**Bruising and swelling.** Usually lasts 7 to 21 days, this is normal following all operations.

**Pain**. Should subside after 7 days. Pain relief will be prescribed to ease any discomfort that you have. If you require further pain relief, speak to your GP who will be able to assist with a prescription.

**Haematoma/seroma.** This is a build up of fluid or blood. This is rare and usually happens immediately after an operation, but occasionally up to two weeks later. Surgical intervention can sometimes be required. Please let us know if you notice a significant difference in size of the penis or genitals after your operation in terms of hardness or pain. Some of our surgeons use drains after surgical operations which can help to reduce the chance of developing a haematoma or seroma.

**Infection**. Infection is rare after surgery but can occur. Antibiotics are generally used throughout surgery or following surgery to help reduce the risk of the area becoming infected, these are given as a precaution and it should not be assumed that an infection is present. Infection usually becomes apparent over the first few weeks and the area may be swollen and tender and there may be wound discharge. If this happens please contact us without delay.

**DVT/PE.** (Deep vein thrombosis or pulmonary embolism). This is rare but a serious complication of surgery and anaesthesia, where a blood clot forms in the veins, usually in the legs and may move to the lungs interfering with their normal function resulting in possible life threatening consequences. Frequent mobility after your operation can help to reduce the risk of DVT/PE.

**Necrosis/keloid scarring.** In rare cases it is possible to develop hypertrophic scarring and necrosis (dead tissue). Attending routine appointments will help prevent any issues with the incision sites.

**Fat lumps.** Every effort is made to achieve good symmetry along the shaft of the penis with a fat transfer procedure. However, small lumps may appear under the skin. Massage generally helps break any lumps down but occasionally lumps remain. These can be treated with steroid injections by the surgeon. In uncircumcised men the fat can migrate to the tip of the penis which makes retraction of the foreskin difficult. Additional treatment may be required to resolve this if massage fails to settle the problem. Rarely, a circumcision may need to be performed.

**Angle of the erection.** Following the separation of the suspensory ligament from its attachments, the angle of the erection can be slightly lower afterwards. This does not normally present a problem but it can make the penis more unstable in certain sexual positions, for example when the woman is on top.

**Need for further fat top ups.** Some of the fat transferred will be absorbed in the weeks and months that follow the surgery. We cannot be certain how much fat will be absorbed but based on previous studies this is in the region of 30%. You may experience better or worse survival rate of the fat. In any event patients should expect to have the fat topped up at some time in the future to maintain or increase thickness gains.

PRE OPERATIVE INFORMATION

* Please advise the surgeon if you are taking any medication as some medications may require you to stop taking them before surgery. Please take your medication with you to the hospital on the day of surgery.
* Your Surgeon will inform you if he has to inform your GP.
* Please do not use fake tan or use a sun bed 7 days prior to surgery and until everything has fully healed.
* It is advisable not to use alcohol for 48 hours prior to your surgery. If you drink more than 2-3 drinks daily then you should refrain from drinking alcohol for two weeks prior to your surgery. Alcohol can thin your blood.
* It is advisable that you do not smoke tobacco for 4 weeks prior to your surgery, this includes nicotine patches, gum, and vaping until you are fully healed you should refrain from smoking as this can cause delayed healing which increases the risk of infection , smoking reduces vital oxygen levels required for healing.
* You must be two weeks clear of any recreational drugs prior to surgery and until you are fully healed. You must disclose to the surgeon if you use drugs as this is a contra indication to surgery.
* Be sure to remove any piercings before surgery as these can interfere with the procedures in theatre and delay your admission to the hospital.
* Please wear loose fitting clothing, so that you feel comfortable travelling home.
* Have a shower either the night before or on the morning of your surgery. Do not apply any. Deodorants or creams after showering.
* Inform the clinic if you are feeling unwell before admission to the hospital.
* Ensure that you have a responsible adult with you when being discharged from hospital and that you have someone with you for the first 24 hours after surgery.
* You are advised to take a few days off from work and avoid heavy lifting.
* Do not eat anything **6 hours** prior to your surgery. Prior to this, six hours you may eat a light meal. Do not drink anything or chew gum for **6 hours** prior to your surgery.
* Photographs will be taken prior to your surgery and at your post operative appointments. These are for you and your clinical team only.

DAY OF SURGERY

You will be admitted to the hospital and sent home in the same day unless you have been informed that your procedure is scheduled to be an overnight stay. Please be aware that you will not be taken to surgery straight away and you can wait some hours before your operation takes place. The hospital staff will be able to give you updates in terms of the timing of your procedure. When you return from your operation the genital area may feel tender, you should be mobile from day one and begin exercise after six weeks. At first your penis will appear swollen and this will take time to settle down.

POST OPERATIVE INFORMATION

**Wound care.** It is very important that you attend your first follow up appointment so that your wound can be checked. Some sutures may require removing although in most cases dissolvable sutures are used.. These may be some fluid leakage after the procedure. Please do not be alarmed by this, however, anything pronounced should be brought to the attention of the medical team.

**Strapping.** Some surgeons use a dressing applied around the penis. There may also be a dressing in the pubic area if you have had the penis lengthened. Please check with the Doctor or Nurse when you can remove this dressing.

**Keeping your wound dry.** Please do not get the incisions wet for seven days post operatively. You can clean around the area with a suitable anti bacterial wash. We do not recommend soaking your wounds in a bath or swimming pool until healed.

**Constipation.** You might experience constipation as a side effect of pain medication or antibiotics. This is a common side effect.

**Location and variable nature of scars.** Surgical scars are permanent. The rate and extent to which scars heal differ from individual to individual. Very rarely, a scar does not heal as expected (keloid scar).

**Products.** It is strongly recommended that you do not use perfumed products or oils on your incisions until fully healed and even after this approach with caution.it is advised to protect the incisions from sunlight following surgery. Use a high sun cream if exposing the area to the sun or cover up completely.

**Sex**. You must not have sexual intercourse of masturbate for six weeks after surgery. Seek the advice of your Surgeon if you are in any doubt.

**Exercise.** You may resume gym after six weeks. This also includes heavy lifting. Start gym again by building up gradually. If you feel any discomfort then please stop and seek the advice of your surgeon. You are not able to swim again for 2-3 weeks after surgery as this could cause infection.

**Need for further surgery.** Weight gain, weight loss, hormone imbalances, illness can all have an effect on the surgery. Use of certain drugs may also have an effect on the tissues. Revision surgery maybe required if the results have not met your surgeon’s expectations. In any event it should be remembered that fat transfer procedures may need to be repeated in the future subject to the absorption rate of the transferred fat. This will incur additional cost.

**Helpline.** Moorgate have a helpline that's open five days a week, excluding bank holidays. The number to call is 01302 246134. Please ask for the post operative patient care team when you call. Lines are open Monday to Friday 8.30am to 5.30pm. Queries of a medical nature will always be referred to your treating doctor. However, if you need medical advice outside of our opening hours we advise you contact your out of hours GP service or your local A+E department. If you feel your condition is life threatening dial 999 for the emergency services.

**Attending appointments.** It is very important that you attend your post operative appointments at Moorgate. It is also equally important that you follow your post operative instructions to ensure that you have the best opportunity of a successful procedure and full recovery. Failure to follow the guidance could compromise the results of your surgery and your surgeon may decide that they cannot carry out revision surgery under the circumstances.

**The procedure is a cosmetic one and so assessment of the results involves an element of subjectivity. Therefore it is important to understand that while you have been advised by your surgeon as to the probable results, these by no means should be taken as a guarantee.**

I confirm that I fully understand and accept all information provided by Mills Medical Services, alongside the information given in my Patient Information Guide on Cosmetic Surgery.

Print Name………………………………………………………………….

Signature…………………………………………………………………….

Date…………………………………………………………………………….