**PHIMOSIS:**

Phimosis is a condition of the penis in uncircumcised males wherein the tight foreskin of the penis is not able to be pulled back from the head or the tip of the penis. It may feel like the penis has a band around the tip that cannot be retracted, and one may feel uncomfortable while attempting to do that.

Babies and young boys do have tight foreskin. Also, young boys (before age 5) foreskin does not retract, but sometimes it can be a challenge until they’re 10 or older.

**SYMPTOMS OF PHIMOSIS:**

The core symptom of phimosis is that you are not able to pull the foreskin back from the head of the penis as it gets too tight and uncomfortable. Some of the other symptoms of phimosis are:

* Pain while peeing (dysuria).
* Blood in the pee (hematuria).
* Swelling and soreness.
* Irritation while urinating, especially for very narrow foreskin openings.
* Pain when getting an erection during sexual activity.
* Pain or a lack of sensation during sexual intercourse.
* Pain or pressure in your lower abdomen or back
* Infection, where you may feel foreskin pain or a discharge too
* The foreskin opening might have a white ring that looks like scar tissue.

**CAUSES OF PHIMOSIS:**

* Inflammatory skin conditions such as eczema, psoriasis, lichen planus, and lichen sclerosus.
* Balanitis or balanoposthitis (inflammation of the foreskin and the glans).
* Poor hygiene caused by not keeping the glans (rounded head/tip of the penis) dry and clean.
* Medical conditions like diabetes mellitus
* Sexually transmitted infections (STIs) or scarring.
* Infections or injuries.
* Frequent diaper rash in an infant.

**PHIMOSIS DIAGNOSIS:**

Phimosis is diagnosed by the following parameters:

* Phimosis is being diagnosed by a healthcare provider (urologist or sexologist) by physical examination of the penis.
* The doctor shall check the swelling or redness of the foreskin band.
* A doctor shall keep genetic diabetes or diabetic history in consideration.
* In the case of infants, the doctor may ask parents to check the hygiene parameters, like frequency of diaper usage or any rash history.
* A urine test is performed to check for Urinary tract infections (UTIs).

However, a pee test (urinalysis) or a urethral discharge culture are some of the laboratory tests that could be required for the diagnosis of phimosis. A surgically excised cut or skin sample can be sent to the laboratory to confirm the diagnosis.

**PHIMOSIS TREATMENT:**

* Circumcision: Circumcision is the surgical removal of all parts of the foreskin and can be performed at any age. In severe cases of tight foreskin ([**phimosis**](https://www.pristyncare.com/disease/phimosis/)) or chronic foreskin infection, this procedure is recommended. The procedure is safe and painless and causes no cuts, stitches, wounds, or scars and there is no risk of sexually transmitted diseases, penile cancer, or cervical cancer in female sex partners or urinary tract infections.
* Preputiplasty: The foreskin is cut and then stretched in this procedure. It is also used to improve the appearance of uncircumcised penis.
* Frenuloplasty As with preputioplasty, frenuloplasty also involves surgically cutting the foreskin on the underside of the penis to loosen it and make it easily retractable.

**IF NOT TREATED WELL ON TIME:**

Phimosis if delayed or not treated well on time can lead to:

* Painful sexual intercourse.
* Painful urination and discomfort.
* Lack of confidence during sexual activity.
* Paraphimosis, a condition that requires immediate medical assistance and is characterized by the swollen and painful head of the penis.
* Balanitis
* Balanoposthitis.