FAQ

(Penoplasty)

**Are the results permanent?**

As long as you follow the post-operative instructions, the results of a penis enlargement operation ARE permanent for the vast majority of patients.

For length enhancement, the immediate results you will see after the operation will actually improve over time if you follow our post-operative instructions.

For girth enhancement with autologous fat injection, you should expect to retain around 60% of the gain you will see immediately after the surgery. This is for two reasons:

* The penis will have swelled after the operation, so when the swelling subsides some of the gain will reduce naturally
* We know that some of the injected fat will be absorbed by the body – how much absorbed is, unfortunately, patient dependent but on average it will be no more than 30-40%. The reason that some of the fat gets reabsorbed is that the injected fat cells do not develop their own blood supply and hence do not survive and become scar tissue. This is why post-operative care is very important as it will determine the amount of fat absorbed.

**If I lose weight, will the injected fat go away?**

No. We have fat cells everywhere in our body. However the body only stores and burns fat (in the case of weight loss) from specific places. The first place that it does so is in the liver and then the abdomen (for men). Unless you lose almost all your body fat, it is very unlikely that weight loss will affect the result of your girth enhancement.

**How long does the operation take?**

All our Penis Enlargement surgeries are daycare and take between 1 and 2 hours of operating time. This means that the whole process (from admission to discharge from the clinic) is around 6 hours, after which you can return to your normal routine.

**Do I need general anaesthesia?**

Yes – the operation is performed under general anaesthesia. A majority of modern day care surgeries require light anaesthesia and since our operations are minimally invasive, it is very unlikely that there will be any side effects or complications.

You will be put to sleep just before the operation starts and wake up just after the surgeon finishes – so in total you will be under anaesthesia for around 2 hours.

**How long do I need to stay in the hospital for?**

After the operation, you would need to stay in the hospital for 3-4 hours. During this time you will be attended by our nurse, be provided with something to eat, have a check-up with your surgeon and when the all clear is provided, you will be ready to go home. You will be able to walk and function normally, usually with very little pain or discomfort.

**I am travelling from abroad – how long do I need to stay for any follow up after my surgery?**

The next day after your operation you will have a follow up in office consultation with your surgeon. After this, most patients can travel although we recommend that you stay for a further 1-2 days so that you can have further follow-ups over the next few days with your surgeon if required, however, this is not mandatory.

**What do I need to do to prepare for the operation?**

Practically nothing – although following a healthy lifestyle (in terms of diet, exercise, smoking and alcohol consumption) the preceding month is advised since this will assist with the recovery. Moreover, you will be given detailed fasting instructions that you will need to follow 6 hours before the surgery. However, if you have fallen ill or there are any other recent health concerns, make sure you inform your surgeon as soon as possible so as to evaluate whether the surgery can proceed or will need to be postponed to a later date. If there is anything else you need to do pre-operatively, your doctor will inform you during your consultation.

**How experienced are your surgeons?**

Our surgeons are focusing exclusively on male uro-genital surgery and each one performs on average more than 300 genital operations per month. In fact, we are an international referral centre and patients travel from all over the world for specific operational techniques in our clinic.

Equally important is the fact that as an international network of andrology practices, we have developed very strict and state of the art surgical protocols and have monthly referral sessions during which our surgeons share their experiences and discuss difficult cases hence constantly improving the surgical techniques employed.

This means that the surgeons of our group have a combined experience of over 4000 Penis Enlargement operations, which is one of the most experienced in the world.

**What are your success rates?**

We define our surgical success rate in two ways:

* No major complications
* Demonstrable patient satisfaction

Based on this criteria **our success rate is more than 95% in penis enlargement surgery**, which is significantly higher than other clinics or even that which has been reported in the media. We believe a very important element that results in such successful rates, beyond the surgical skills of our doctors, is the correct patient matching to surgical technique and also the very extensive post-surgical follow up provided to our patients. Our experience suggests that this is of paramount importance for a holistic & successful surgical outcome.

**What do I need to do after the surgery?**

The day after your operation, you need to attend a consultation with your surgeon, during which he will give you detailed post-operative instructions, change your medical dressing and answer any questions that you might have.

After that and until your next in-office consultation (usually a month later), your surgeon and our patient co-ordination team will be in close contact with you asking for regular updates and also addressing any concerns you might have.

Two weeks after your surgery (unless instructed otherwise) you would need to start with the post-operative rehabilitation, which involves penile stretching and daily gentle massaging of the penis shaft (depending on the surgical technique performed) – detailed instructions will be provided to you post-operatively.

**How long do I need to take off work in order to have the surgery?**

Most patients can return to work 2-3 days after their operation. If your work involves heavy physical activity, then you may need some more time to recover.

**How long after the surgery can I resume sexual activity?**

Usually sexual activities can be resumed after 4-6 weeks unless your surgeon advises otherwise.

**Will I experience pain after the operation?**

Some mild pain and discomfort should be expected but this can be treated with over the counter oral painkillers. Same patients, especially younger men, may feel pain during erections in the first few days.

**What are the potential complications?**

All our operations are minimally invasive and most complications can be treated with over the counter oral pain medication.

Most patients will experience some swelling of the penis, which will subside after the first few days from the operation, and minimal scarring at the incision site. Rare complications (associated with any type of surgery) may include bleeding, infection (you will be prescribed antibiotics to prevent this), localised tissue damage (blood vessels, nerves, penis glans, urethra), temporary/ permanent glan numbness and penile retraction. Like any surgical operation, some patients might not be satisfied with their gain in size and the aesthetic outcome of the results, which in some rare cases might be less profound than expected.

During your pre-operative consultation, you will be informed extensively about the risks of the operation and your surgeon will answer any questions that you may have.