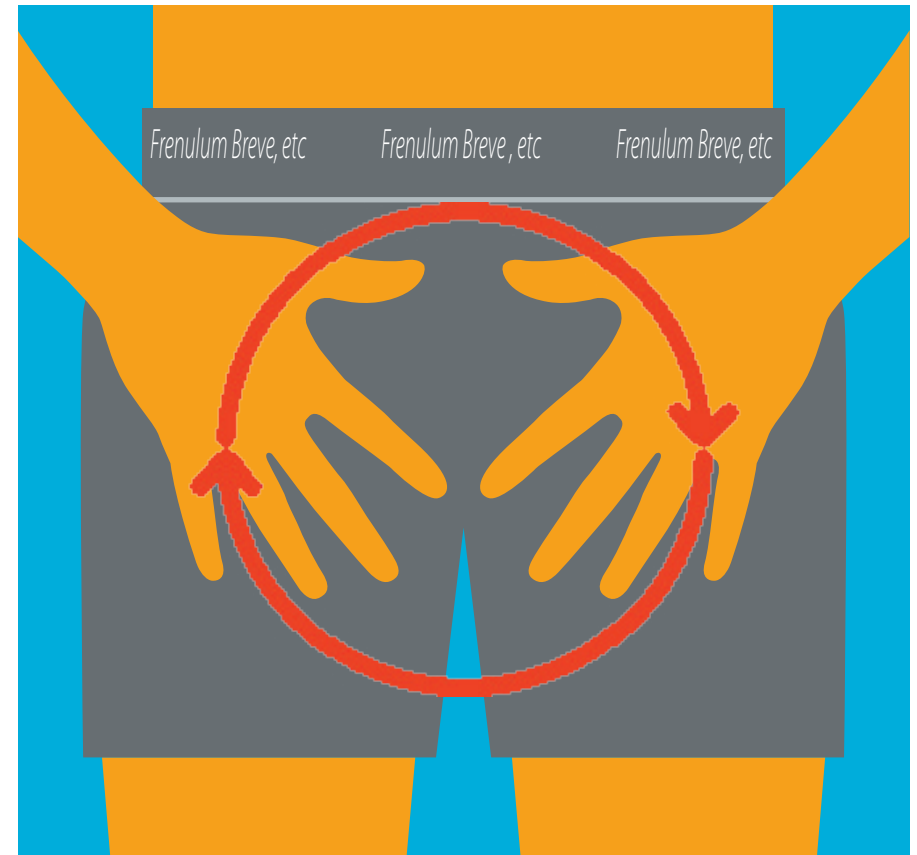




This publication is the joint copyright of
The International Circumcision Forum © Inter-Circ 2018 and
The Circumcision Helpdesk™ © The Circumcision Helpdesk™ 2018
All rights reserved.



Frenulum Breve, Frenulectomy and Frenuloplasty



Copyright Notice

This publication is the joint copyright of
The International Circumcision Forum © Inter-Circ 2018 and
The Circumcision Helpdesk™ © The Circumcision Helpdesk™ 2018
All rights reserved.

Any redistribution or reproduction of part or all of the contents in any form is prohibited other than for the following purposes:

- Printing, or downloading this document to a local hard disk, for your personal and non-commercial use,
- Copying the entire document, electronically or in printed form, to individual third parties for their personal use. No charge shall be made and the Inter-Circ International Circumcision Forum shall be identified as the source of the material,
- Providing a standard hyperlink from your personal web site or blog to this document subject to it opening in a new browser window or tab, complete with the Inter-Circ identity in the URL line of the browser,
- Quoting parts of this publication for scholarly or academic purposes provided the source is acknowledged as above.

You may not distribute or exploit the content of this document for commercial purposes, nor may you transmit it or store it in any other website or other form of electronic retrieval system without our explicit written permission.

Written requests for this type of use should be directed to:
Inter-Circ-owner@yahoogroups.com

- The necessary manipulation of the foreskin to access the frenulum can cause trauma to it which results in an acquired phimosis. This then needs the additional surgery of a later circumcision to cure it. It is better to take preventive action in the first place.

Recommended web sites

Inter-Circ is not the only publisher of reliable information regarding circumcision. The Links section of the web site includes links to the following recommended sites and other sources of information. Inter-Circ has no control over the content of these external sites and does not vouch for their accuracy or continued availability.

The Inter-Circ International Circumcision Forum
<https://groups.yahoo.com/neo/groups/inter-circ/info>

The Circumcision Helpdesk™ Web Sites
<http://www.circumcisionhelpdesk.org>
<http://www.circinfo.com>

The Circlist Web Site
<http://www.circlist.com>

The Circ-Info Web Site
<http://www.circinfo.net>

Frenulum Breve, Frenulectomy and Frenuloplasty

Authors

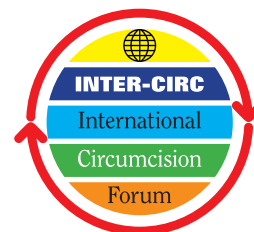
**Inter-Circ Moderation Team
in conjunction with The Circumcision Helpdesk™**

Medical Advisor

John Murray M.D.

First Edition

Last updated January 2018



The Inter-Circ International Circumcision Forum

is a volunteer-run pro-circumcision group. The purpose of the group is to make known the benefits of circumcision, to debate topical issues related to the subject and to offer advice both pre- and post-circumcision.

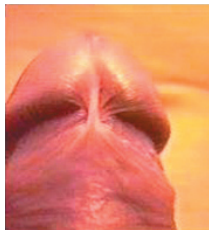
The Inter-Circ forum is located at:
<https://groups.yahoo.com/neo/groups/inter-circ/info>

Disclaimer

Whilst every effort has been made to ensure the accuracy of the information contained within this publication, it is intended as a guide only and not as a source of complete or totally indisputable information. The contents are not 'medical advice', for which you must consult a registered medical practitioner.

What is the Frenulum?

The frenulum (also sometimes called the frenum) is a semi-elastic cord-like structure on the under side of the penis which links the back of the glans (penis head) to the inner layer of the foreskin. The frenulum contains a significant vein that can bleed profusely if it is ripped.



What is its function?

Its sole purpose is to *assist* the foreskin to return to covering the glans as an erection subsides. In olden times, when mankind roamed naked in scrubland, it was essential to get the glans re-covered as quickly as possible after intercourse to protect it against being torn by the undergrowth. In these days of clothing and town dwelling, the frenulum is no longer an essential structure as we can take our time to re-cover the glans after sex.

Does the Frenulum also have a sexual function?

Whilst it is true that for most men there is a considerable erotic feeling to be obtained from the area of the frenulum, it is not in fact the frenulum which is the source of this but nerves deeper in the penis. These nerves are usually only indirectly stimulated through the frenulum. Once the frenulum has been removed the nerves become closer to the surface and are more directly stimulated – thus usually increasing the pleasure received from this area.

What is Frenulum Breve?

Frenulum breve is the medical term for a developmental abnormality in which the frenulum is so short and tight that it doesn't allow the foreskin to be fully retracted. In many cases it may also result in the glans being distorted downwards during an erection (as shown).



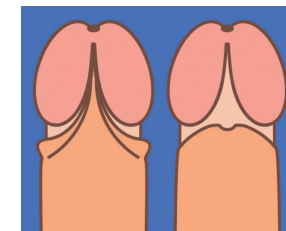
Why is this a problem?

- It is essential that the foreskin is able to be fully, freely and painlessly retracted in order to daily wash away all the smegma and stale urine (both totally waste materials) that constantly collect under it. If the foreskin cannot be fully retracted then one cannot effectively remove all this waste from the coronal sulcus (the 'groove' just behind the glans rim) where much of it collects. This results in objectionable odours and eventually serious infections from the harmful bacteria attracted to feed on this waste.

- During intercourse, the rim of the glans needs to be fully exposed, to allow it to make direct contact with the vagina, to give and receive maximum stimulation – and hence pleasure. Frenulum breve can prevent this necessary full exposure.
- During the thrusting of intercourse, the foreskin can be forced backwards and the tight frenulum can be ripped in the process. This is painful, very bloody and highly embarrassing.
- If the glans is distorted downwards by the tight frenulum it can make insertion difficult for the male and painful for the female. Ejaculation inside the vagina will also not be in the optimum direction.

What is Frenulectomy?

Frenulectomy is the surgical removal of the frenulum. It is performed under anaesthetic and results in the frenulum being completely removed. It should form part of any properly performed teen or adult circumcision, but can be done as a stand-alone procedure if desired.



What is Frenuloplasty?

Frenuloplasty is the surgical division of the frenulum, short of complete removal. It is performed under anaesthetic as a stand-alone procedure. The tight frenulum may be cut across and the ends sealed, or it may be released from one end only (usually the inner foreskin), which is then sealed.

Why these alone are not the best cures for Frenulum Breve

- If the foreskin has not been removed then it continues to act as a reservoir for the collection of smegma and stale urine. The newly formed wound in the frenulum area remains in contact with this waste throughout its healing time. Nowhere else on the body would one allow an open wound to remain in contact with this sort of waste material. The risk of infection is greatly increased.
- One still needs to daily fully retract the foreskin to wash under it and remove the waste materials. Each time one does this the wound is put under tension and the healing edges tend to be pulled apart, thus increasing the healing time and infection risk.
- The surgical operation time is almost the same as for a circumcision; as are the costs, healing time, potential pain and risks. However, none of the proven health benefits of circumcision are achieved if the foreskin is retained.