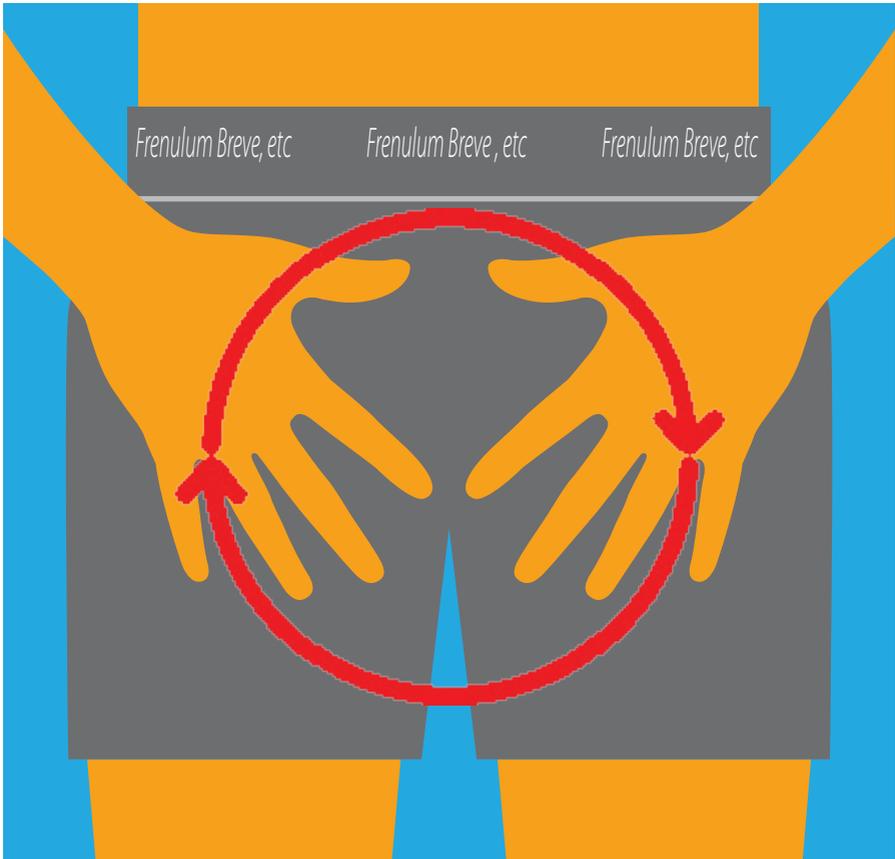




Frenulum Breve, Frenuloplasty and Frenulectomy



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Inter-Circ: The International Circumcision Forum

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

The Inter-Circ forum is located at:

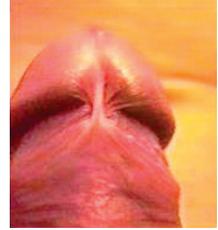
<https://groups.io/g/inter-circ>

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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 and fungi attracted to feed on this waste.

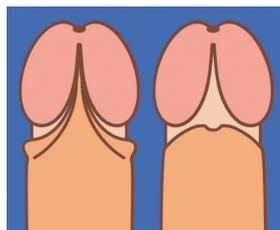
- During intercourse, the rim of the glans needs to be fully exposed, to allow it to make direct contact with the vagina, to give and receive maximum stimulation – and hence pleasure. Frenulum breve can prevent this necessary full exposure.
- During the thrusting of intercourse, the foreskin can be forced 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 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.

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.



Can I stretch my frenulum to cure frenulum breve?

Unlike the foreskin, which, with the help of steroid creams, can sometimes be stretched wider open, the frenulum cannot be stretched in this way.

It has elastic properties and simply returns to its normal state when released; rather as an elastic band does if you stretch and release that.

Over-enthusiastic stretching can cause the frenulum to rip with painful and very bloody consequences; usually requiring a circumcision afterwards.

Why these alone are not the best cures for Frenulum Breve

- When the foreskin has not been removed 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 thus greatly increased.

- Even during the healing time, 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 total time in the surgery 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 only the frenulum is removed whilst the foreskin is retained.
- The necessary manipulation, by the doctor, of the foreskin to access the frenulum for frenuloplasty or frenulectomy can cause trauma to it which may result in an acquired phimosis. This then needs the additional surgery of a later circumcision to cure it. It is better to take comprehensive preventive action in the first place.

Conclusion

The best treatment for frenulum breve is a full circumcision, which will provide additional proven health benefits, reduce infection risk and the possible need for a second operation in the future.

Recommended web sites

Inter-Circ is not the only publisher of reliable information regarding circumcision and problems of the foreskin and frenulum. The following sites are recommended as they are based on medically correct information. Inter-Circ has no control over the content of external sites and does not vouch for their accuracy or continued availability.

Inter-Circ: The International Circumcision Forum

<https://groups.io/g/inter-circ>

The Circumcision Helpdesk™ Web Sites

<http://www.circumcisionhelpdesk.org>

<http://www.circinfo.com>

Professor Dr Morris's Web Site

<http://www.circinfo.net>

The Circumcision Facts Web Site

<http://www.circfacts.org>

The Circlist Web Site

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