

## Penile Enhancement

Penile lengthening has been described in Urologic literature for at least 40 years, and interestingly, most of the articles have dealt with surgery on boys with “concealed” or “buried” penises. However, the principles are applicable to adults as well, as other articles testify. In particular, a combination of procedures may apply to adults as needed, such as: release of the suspensory ligament, pubic liposuction and taking down the “turkey neck” deformity we sometimes see. The latter is a web of tissue between the underside of the penis and the scrotum which detracts from the true penis length.

In humans, that arched portion of the shaft which is under the skin is at least as long as the pendulous penis. The arched portion of the penis which is under the pubic bone can be released allowing the penis to protrude further outwards. My experience has been anywhere from 1/2” to 2” gain in length. Consistent use of the penile pump will maximize the gain in length and girth. Men with prominent suprapubic fat pads will gain more length—for example, if they have a 2” thick fat pad and I remove 1-1 1/2”, the gain will be that plus whatever is gained by releasing the suspensory ligament.

Fat that is harvested from liposuction can be transferred subcutaneously to the penis via an injection technique perfected by Dr. Morganstern. This aspect of the procedure is noteworthy, because now both operations can be accomplished without ever making an incision on the penis.

Please understand that fat grafting techniques have evolved over the past years. Fat resorption may occur and rarely does nodularity occur, but Dr. Morganstern recommends a special penile pump to be used consistently after the surgery to help prevent this and to retain increased length and girth. The fat transfer becomes permanent.

This procedure is done as an outpatient surgery, which means you can plan on going home from the hospital the same day. Recovery time will require you to be out of work for 2 days in most cases, but that will depend upon the type of work you do. You are to wait at least 4 weeks before resuming sexual activity, so that the fat can become fastened to the surrounding tissues and to prevent infection.

The best results are enjoyed when both the procedure to increase the length and the procedure to increase the girth are performed at the same time. If just girth is desired, this can be performed in the office under sedation.

# Penile Enlargement Girth & Length

