

Most males elect to proceed with scrotal lift surgery, or scrotoplasty, because of scrotal tissue getting caught in swimwear, work out clothing and bicycle seats, interferes with their personal life. Some patients elect to have it done for cosmetic reasons.

Scrotoplasty, is a routine procedure. It treats stretched scrotal skin and muscle. It is an outpatient surgery requiring no overnight hospital stay and heals relatively quickly with great results.

What are the benefits?

Large scrotum can make a man self-conscious about his body and will contribute to some physical activities being uncomfortable or even painful. By tightening the scrotal muscle and skin, discomfort and irritation can be greatly reduced. Some men who were self-conscious in the bedroom (usually due to a one time comment from their partner) often feel relieved and have more sexual self-confidence.

What does the procedure involve?

The surgery is usually performed as an out patient using local anaesthesia. Neither the penis nor the urethra is affected when the scrotum is made smaller. Retaining a natural shape along with all normal sensation is paramount. Self-dissolving sutures are used so you won't have to come in just to have the stitches removed.

What are the risks and complications of this kind of surgery?

All surgeries come with some level of risk, such as inflammation and infection. Strictly following pre- and post-op instructions will help to reduce the level of risk and complications. Rarely, there is a possibility that it can reduce the viability of the sperm. However, for most patients we see, this is not a major concern.

What is the recovery?

After the surgery you may feel a little sore for a couple of days, but both the swelling and discomfort should diminish within the first week. Ice packs can help to relieve swelling or bruising.

Aftercare

You will be discharged the same day as your procedure and will be seen for a follow up at 7-10 days.

- It is essential to follow the following aftercare advice:
- Ensure you shower daily, using a hairdryer on a cool setting to blow dry the scrotum and incision site dry.
- Ensure you keep well hydrated and eat a nutritious diet to assist in good wound healing.
- Do not smoke
- Wear supportive pants for the first 14 days post surgery.
- Allow air to get to the area when able, for example after a shower or if you are resting.
- Take the prescribed course of antibiotics
- Take mild painkillers as required.
- You will have been provided with a vaseline impregnated dressing and some gauze to use in the first two days post procedure. This is to stop your underwear from adhering to the wound edges.
- Refrain from any sexual activity until full wound healing has occurred. This usually takes 2-3 weeks.

Please inform us if you have any concerns regarding your progress and recovery post procedure. It is important to monitor for infection post surgery. Signs of infection include increased redness, hotness and discharge from the wound itself. Please contact Bella You immediately if you notice any of these signs.