

## **Scrotal Uplift**

### ***Surgery to lift the scrotum and remove excess skin for a more youthful appearance***

#### **What is Scrotal Uplift?**

Scrotal Uplift Surgery or Scrotoplasty is an operation to lift and rejuvenate the scrotum. The surgeon removes excess loose and wrinkly skin for a smoother, younger, more uplifted genital appearance.

The experienced surgeons at Bella Vou provide bespoke Intimate Rejuvenation. Scrotoplasty can be an effective stand-alone procedure for people with low-hanging testicles and ageing of the scrotal skin. It can also be combined with Scrotal Webbing Surgery to remove any excess skin attached to the penile shaft and increase the apparent visual length of the penis.

#### **Why have Scrotal Uplift?**

Ageing and the effects of gravity make the skin on the face, body, and genitals lose elasticity. The skin on the scrotum can stretch so that the testicles hang low, and the skin starts to dangle down in loose folds. Excess skin can look unsightly, cause discomfort during exercise, and make the area sweaty and vulnerable to fungal infections.

If you are self-conscious about the appearance of your genitals if scrotal sagging is affecting your self-esteem, your sex life, and your ability to live a full and active life, Scrotoplasty can help. The specialist surgeons at Bella Vou can excise excess skin, lift, and tighten the scrotum and restore your body confidence.

#### **What happens in Scrotal Uplift?**

The specialist surgeons at Bella Vou perform Scrotal Uplift under local anaesthetic. It is a day-case procedure, so you won't need to stay in hospital overnight.

Your surgeon will apply numbing cream, then inject local anaesthetic to ensure the operation is pain-free. They will make an incision in the natural creases of the scrotum. They will usually place it at the join of the scrotal halves so that the scar is hidden and hard to detect, even if you remove your pubic hair.

The surgeon will carefully cut away all the excess skin. They will then hitch up the scrotum, pulling the skin tighter so that the testicles sit higher. The surgeon will then suture the incision closed with stitches that will dissolve naturally.

#### **How long is recovery from Scrotal Uplift?**

You'll be able to go home following Scrotal Uplift surgery. However, you should take time to rest and recover. Most men experience some mild discomfort for three to five days but can return to normal daily activities and work after a week.

Some pain, swelling, and bruising are standard with any surgery. In this sensitive area, it can take time to settle fully. Supportive underwear can help with discomfort and reduce swelling after surgery.

You should avoid exercise and heavy lifting for two weeks and refrain from sex and masturbation for at least four weeks to allow the wounds to heal. The scars tend to reach their maximal strength by four to six weeks.

### **Quick glance guide to Scrotal Uplift**

**Procedure Time:** 1 hour

**Recovery:** 1 week. No sex for 4 weeks

**Anaesthetic:** Local anaesthetic

**Hospital stay:** No

**Treats:** Excess and lax scrotal skin, low hanging testicles

### **Why choose Bella Vou for Scrotal Uplift?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments, and intimate health care. The state-of-the-art clinic provides the latest procedures in a discreet, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled staff is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Scrotal Uplift journey at Bella Vou**

**Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an accredited plastic surgeon. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve, and whether Scrotal Uplift can help you reach those goals.

Bella Vou provides bespoke Genital Rejuvenation. The specialists will listen to your worries, examine the area, and plan surgery to address your issues. The specialists understand that you may be embarrassed sharing an intimate problem, and will remain professional and discreet throughout. Surgeon Mr Amir Nakhdjevani says:

*'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Meet your surgeon**

You will be offered a further appointment with your consultant before proceeding to surgery. This will give you a chance to find out more about the procedure, understand any risks and complications, and to ask any questions you may have.

Mr Nakhdjevani will examine the genitals, check for any lumps or problems, and ensure you are fit for surgery.

### **Preparation for Scrotal Uplift**

You'll be given personal pre-operative advice to reduce your risk of complications and help your healthy recovery.

Let your surgeon know if you're on any medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bleeding and bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can affect the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you are going to be awake for your procedure, your surgeon will greet you, explain what will happen, and offer support throughout the operation.

### **What happens during Scrotal Uplift?**

Scrotal Uplift Surgery is carried out under local anaesthetic, as a day case. Around 40 minutes before treatment, the consultant will apply an anaesthetic cream. They will then carefully inject local anaesthetic to make the area completely numb; you may feel movement, but the procedure will be free from pain

The consultant will make an incision in the natural folds and creases of the scrotum so that the scar is discreet even if you remove all the pubic hair. They usually place it at the junction of the two halves of the scrotum.

The surgeon will excise all the loose skin and cut away any folds that dangle down. They will then lift the scrotum, pulling the skin smooth. The surgeon will fix the scrotum in its new position so that the testicles hang higher, and the area appears lifted and rejuvenated.

Finally, the surgeon will suture the wound closed with fine absorbable stitches that don't need to be removed.

### **Will surgery affect my penis?**

The surgery will not affect the function or sensation in the penis. Some men notice that the apparent length of the penis seems greater once excess skin is removed. There may be some bruising that spreads to the penis after surgery, but this is harmless and will settle naturally.

### **Recovery from Scrotal Uplift**

You will be able to go home on the day of the procedure. The staff at Bella Vou will advise you on aftercare and monitor and support your recovery.

Some swelling and bruising are normal with any surgery. Bella Vou will provide safe, effective pain relief, and you should wear supportive underwear to reduce swelling and keep you comfortable.

Take time to rest and recover. Most men stay off work for a week. At this stage, the nurse and wound care specialist will check that you're well and inspect your scars.

It's important to avoid strenuous exercise and heavy lifting. Excessive friction in the area can break open the wounds. You shouldn't masturbate or have sex for at least four weeks to allow the wounds to heal.

By six weeks, most men have returned to their usual routines. The Bella Vou team is always available if you have any questions or concerns at any time.

### **FAQs**

#### **When can I have sex again?**

You should avoid intercourse and masturbation for at least four weeks following the surgery to allow the wounds to heal. Excessive friction in the area can break open the scars. The wounds tend to reach their maximal strength by four to six weeks. By this stage, you should be able to get back to normal activities.

#### **Am I a suitable candidate for Scrotal Uplift Surgery?**

If you have excess lax scrotal skin that affects your self-esteem, then you can benefit from Scrotal Reduction and Uplift. Age is not a factor. If you are concerned about the appearance of your scrotum, then make an appointment with the specialists at Bella Vou for expert assessment and advice.

## **Will there be discomfort after surgery?**

With any surgery, there can be a degree of swelling and bruising. With scrotal surgery, your scrotum will swell up, and the bruising can spread onto the shaft of your penis and your thighs. This is all quite normal.

Due to the location of the genitals, the swelling and bruising take longer to settle. This is because the drainage in this area is against gravity. Most swelling resolves by six weeks- but it can take three to six months to see the final results.

## **How can I reduce swelling and bruising after Scrotal Surgery?**

Most men have swelling and bruising for a week to ten days following surgery. The swelling will gradually settle. Simple over-the-counter painkillers like paracetamol and ibuprofen can ease discomfort.

Fluid and bruising can collect in the scrotum because of gravity. Sleeping with your legs elevated or lifting the edge of the bed slightly can help with drainage of the area and reduce swelling.

## **What will the scars look like after Scrotal Uplift?**

All surgery leaves scars. Our surgeons will do their utmost to ensure the scar is as small and discreet as possible. Plastic surgeons, like the specialists at Bella Vou, are expert in making incisions and suturing in ways that minimises scarring. In Scrotal Uplift, the incisions will fall into natural creases at the join of the scrotal halves. Once healed, the scars will be hard to detect.

## **Is Scrotal Uplift painful?**

The team at Bella Vou is dedicated to ensuring your comfort during treatment. They will apply numbing cream forty minutes before surgery. They will then inject local anaesthetic into the area, using a combination of long and short-acting anaesthetics to provide comfort during the procedure and for some time after the surgery.

Most patients experience mild discomfort after surgery. The team will give you painkillers to help effectively control the pain.