

Management of penile shortening after Peyronie's disease surgery

11th World Congress of the International Society for Sexual and Impotence Research. Oct 17th-21st, 2004. Buenos Aires, Argentina. 7th Congress of the European Society for Sexual Medicine. December 5-8, 2004. London, UK. Moncada, I.; Jara, José; Martínez-Salamanca, J.I.; Cabello, R.; Hernández, C. Urology Unit. Hospital Gregorio Marañón, Madrid. Spain.

1. Objective:

The aim of the study was to evaluate the effects of a daily application of a penile extender device over 8–12 hours, in order to increase the length of the penis in patients who had undergone penile surgery for Peyronie's disease. A secondary aim was to determine the health related quality of life (HRQOL) outcome in patients using this device.

2. Design and methods:

30 men aged 54–64 years (mean age 58) underwent penile surgery for PD. The surgical technique applied in eight of the patients was the incision of the fibrous plaque and grafting, while the others underwent plication of the albuginea (Essed technique). After the surgery, 15 of the 30 patients were treated with a penis extender (**Andropenis**®) daily, over a 4-month period.

Length and girth of the penis were measured before and after surgery as well as after the use of the extender. HRQOL was also determined using the SF-36 survey to compare both groups of patients.

3. Results:

Sustained treatment over a period of 4 months with the penile stretching device provided an increase in length of 1 to 4 cms and an increase in girth of 0,5 to 1,5 cm. Comparing the results of the SF-36 survey, a significant difference could be observed between both groups ($p < 0.001$).

The use of the device was generally well tolerated, only 2 patients had moderate penile pain. No further complications were recorded.

4. Conclusion:

The use of a penile extender device over 8 to 12 hours daily is an effective and safe way to minimize loss of penile length in patients operated for PD. Its use provides a significant improvement in HRQOL outcomes compared to the control group.

