

Management of penile shortening after Peyronie's disease surgery

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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 (Esseed 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.

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ABSTRACT
Peyronie's disease (PD) is a fibrotic condition of the penile tunica albuginea that causes penile shortening and curvature. The aim of this 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 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 (Esseed 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. 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 other complications were recorded.

RESULTS
Penile shortening ranged from 0.5 to 4.0 cm after surgery for PD. Sustained treatment for 4 months with a penile stretching device provided an increase from 1.5 to 4.0 cm 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 the groups of patients who did not use the penile extender device and those who did (p < 0.001). The use of the device was generally well tolerated, only 2 patients had moderate penile pain. No other complications were recorded.

CONCLUSIONS
The use of the 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.

INTRODUCTION
Penile shortening is one of the commonest complications of Peyronie's disease (PD).

OBJECTIVES
To assess the effect of a penile stretching device on the length and girth of the penis in patients who had undergone penile surgery for PD. To determine the health related quality of life (HRQOL) outcomes in patients using the device.

MATERIALS & METHODS
30 men, aged 54–64 years (mean 58), underwent penile surgery for PD. Eight patients were treated with the Esseed technique (incision of the fibrous plaque and grafting) and the others with the plication of the albuginea (Esseed technique). After the surgery, 15 of the 30 patients were treated with a penile 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.

RESULTS
Penile shortening ranged from 0.5 to 4.0 cm after surgery for PD. Sustained treatment for 4 months with a penile stretching device provided an increase from 1.5 to 4.0 cm 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 the groups of patients who did not use the penile extender device and those who did (p < 0.001). The use of the device was generally well tolerated, only 2 patients had moderate penile pain. No other complications were recorded.

CONCLUSIONS
The use of the 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.

Figures:
- Underpenis extender device: Image of the device.
- Way of using the device: Image of a patient using the device.
- Before and after Esseed's plication: Two images showing the surgical site before and after the procedure.
- Measured with the device length: Image of the device being used on a penis.

Bar Charts:
- 'Mean Score of SF-36 by Dimensions after 4 months of use versus with out penile extender': A bar chart comparing SF-36 scores between the control group (n=15) and the extender group (n=15) across various dimensions (Physical, Mental, Social, Role-Physical, Role-Mental, Vitality, Health Change, Quality of Life). The extender group shows significantly higher scores in most dimensions.
- 'Increase in penile length and girth': A bar chart showing the increase in penile length (cm) and girth (cm) for the control group (n=15) and the extender group (n=15). The extender group shows a significantly greater increase in both length and girth.