

Why penile procedures are becoming so popular

Several factors are driving the [new demand](#) among men for procedures to increase the length, width, and shape of the penis. These include the ready availability of sexual material on the internet, along with what Dr. Alessandro Littara, director of the Centre for Sexual Medicine in Milan, calls “changing room syndrome.” Even mainstream celebrities like David Beckham have spurred public discussions about “optimum” penis size. The result is a marked – and worldwide - increase in the number of requests for penile enhancement surgery.

Approximately 20% of such surgeries are performed in [Germany](#). In 2012, [Greece](#) had ten times the number of penis enlargement surgeries as other countries. And in [Italy](#), surgical penile procedures are steadily increasing by approximately 25% each year. Obviously, the vast majority of penile procedures are augmentations; the single case of [penile reduction surgery](#) was performed in 2015 at the University of South Florida.

Candidates for [phalloplasty](#) general fall into at least one of three categories:

- Men who have undergone treatments for cancer or other diseases/disorders;
- Transgender patients seeking sex-reassignment surgery;
- Men who are, for whatever reason, simply dissatisfied with the length, girth, or shape of their penises.

For men in this third category, surgery or minimally-invasive procedures performed by board-certified plastic surgeons is the only option that has been proven effective (unlike creams, pills, or other popularly-sold “[enhancers](#)”). It should be noted that there currently exists no procedure or treatment to increase the size of the penis when erect.

Surgical enhancement or other penile procedures may include:

Lengthening: Surgically cutting the ligament that suspends the penis from the abdomen allows the internal part of the penis to move forward, usually lengthening the shaft between two and five centimeters. This incision is extremely minor, often requiring only a single suture. The increase in length is only apparent when the penis is flaccid.

Widening: Girth enhancement procedures typically use the patient’s own fat or allograft material, which is inserted through an incision and wrapped around the shaft. This method can also be used to increase length and width simultaneously.

Glans penis enlargement (Glanular enhancement): Injections of fillers enlarge the glans (or head) of the penis to achieve symmetry after a lengthening and/or widening procedure. This can also be helpful for men who chronically experience premature ejaculation, since it often slightly decreases the sensitivity of the glans.

Penile curvature correction: If the penis is curved in a manner that interferes with comfort or hygiene, simple plication (suturing) of the shaft can easily correct the problem. Curvature correction is often performed together with penis lengthening, since plication can cause some appearance of shortening.

Penile/testicular implant surgery: Implants may be functional, aesthetic, or both. Inflatable vs. semirigid penile prostheses Patients with erectile dysfunction who do not desire or respond to [penile injection therapy](#) may benefit from either a malleable (semirigid) or inflatable [implant](#). The former is the more durable and less expensive option, while the latter is more concealable and more closely mimics natural sexual function.

It's not quite accurate to say that testicular implants are purely cosmetic, since the mental health benefits of replacing a missing or absent testicle are dramatic. Much like breast implants, testicular implants consist of either silicone or saline placed directly into the scrotum as an outpatient procedure.

Things to keep in mind

- Make sure you want to have a penile procedure for your own sexual health and well-being, rather than measuring yourself against an unrealistic standard.
- Penile procedures require six weeks' recovery time, during which you cannot engage in any type of sexual activity (including masturbation). There may be some swelling, soreness and bruising that usually resolves quickly.
- You may need minor revision surgery to remove excess tissue or correct any symmetry.

While any surgery carries risks, many patients regain their regular (or even improved) [sexual](#) function and sensation after penile enhancement surgery. Consult with a Board Certified aesthetic plastic surgeon with the added benefit of ISAPS membership to see if you might benefit from any of these procedures. Our [online directory](#) makes it easy to find a qualified surgeon near you.