

Information for Patients



Peyronie's Disease



What is Peyronie's Disease?

Peyronie's Disease is a disorder in which inflammation leads to formation of scar tissue, known as plaque, which forms under the skin of the penis.

The plaque builds up inside the penis, in the thick elastic membrane called the tunica albuginea. The tunica albuginea helps keep the penis stiff during an erection as these are the cylinders that swell with blood. The plaque can develop anywhere along the penis.

As it develops, the plaque pulls on the surrounding tissues and causes the penis to curve or bend, usually during an erection. Curves in the penis can make erections painful and may make sexual intercourse painful, difficult, or even impossible.



The plaque that develops in Peyronie's Disease:

- Usually occurs in men between 50 and 60 years, without any known or obvious cause
- Is sometimes caused by injury to your penis or by an autoimmune disease
- Is benign i.e. is not cancerous and is not a tumour

A Urologist may recommend surgery to straighten the penis during an erection. Surgery may be recommended for men who have Peyronie's Disease when:

- Symptoms have not improved
- Erections or intercourse, or both, are painful
- The curve in the penis prevents sexual intercourse

Peyronie's Disease has an "acute phase" which usually lasts between 3 and 6 months. During this phase erections are painful and the penis may continue to bend. Once this phase has finished, usually the pain subsides and the bend stabilises. Your surgeon will recommend waiting until this second phase of the disease before having an operation to straighten the penis.

There are two types of operation that can be considered for Peyronie's Disease. Your Urologist will recommend the best operation for you – often determined by how good (strong) your erections are before surgery.

What happens before my operation?

10 days before your operation, blood and urine test need to be done.

You will be contacted by the hospital regarding your admission time and to confirm fasting instructions.

Complete all your hospital admission forms at least 5 days prior to your operation.

What happens during my operation?

Plication. In plication surgery, your Urologist will remove or "pinch" a piece of the tunica albuginea from the side of the penis opposite to the side it is bending towards to help straighten the penis. Internal stitches (sutures) are used to do this. This is by far the most common procedure performed.

This procedure is less likely to cause numbness or erectile dysfunction.

Peyronie's Disease has the effect of shortening the length of the penis and the surgery will not restore its length. The penis may therefore appear slightly shorter after the surgery. This is not usually a problem for sexual intercourse.

Device implantation. Penile implants may be considered if a man has both Peyronie's Disease and erectile dysfunction.

A Urologist implants a device into the penis that can cause an erection. The device will also help straighten the penis during an erection.

What to expect after my operation

A light pressure dressing is often left on the penis for 24 to 48 hours after surgery to help with the healing process. During surgery, a tube (catheter) may have been placed through the end of the penis into the bladder and this may still be in place when you wake up. The tube is often removed in the recovery room if leaving that day or at discharge the following morning. You may be given antibiotics to take for a few days to lower the risk of infection and help keep swelling down, as well as pain medications. You should not have sex for at least 6 weeks after surgery.

The purpose of the surgery is to straighten the penis to allow sexual intercourse. The surgery does not guarantee that the penis will be “perfectly” straight but you should expect following healing that you would be able to resume sex.

If you have trouble achieving a strong erection before your surgery, please discuss this with your Urologist as plication surgery will not improve the strength of your erections – only how straight they are.

You will receive an appointment for a follow-up with your surgeon 6 weeks after the surgery.

Complications

- Pain
- Swelling
- Wound infection: if you develop a red, hot or inflamed penis in the weeks after surgery, please contact us
- Rarely – long term pain from the sutures used to straighten the penis (1%). In rare occasions, these can be removed if they are problematic.



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