Penile Curvature

NHS Greater Glasgow and Clyde

Andrology Service – Glasgow Royal Infirmary

You have been referred to the andrology services at Glasgow Royal Infirmary. As a service we accept referrals from across the west of Scotland. We have developed this patient information leaflet to explain why you are seeing us and to answer any questions you may have. It will hopefully reduce the number of appointments you require prior to surgery, ensuring you procedure occurs in a timely manner.

The information pack also contains some vitally important information we need from you, if you do not provide this information this may lead to additional appointments and delays.

- You will need to take some photographs (please see below)
- You will need to complete the attached International Index of Erectile Function (IIEF) Form

If, after reading this information sheet you do not want any treatment, please contact us to cancel your appointment.

You have been referred due to a new penile curve that may be causing issues with the quality of erections you are having, painful erections or difficulties with sexual intercourse due to the curvature. This is known as **Peyronie's Disease, Penile Curvature or Congenital Chordee**.

What is Penile Curvature?

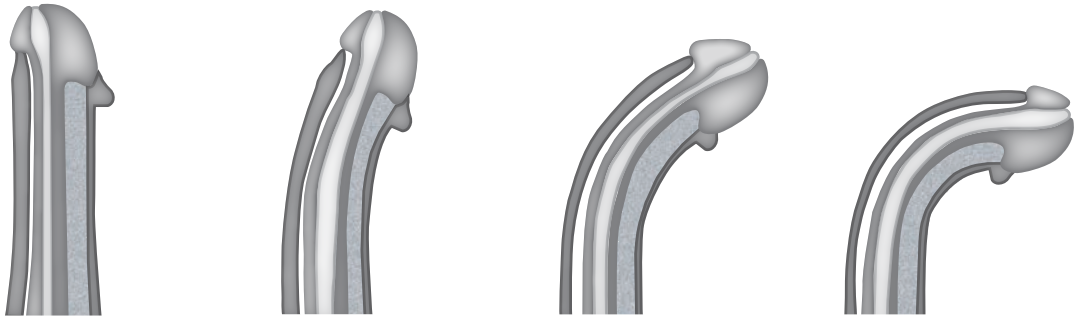
Penile curvature refers to an abnormal bend in the penis, which can occur due to:

Peyronie's Disease – A condition thought to be a result of abnormal wound healing, resulting in a plaque (scar tissue) forming on the penis. This can lead to curvature, pain, and erectile dysfunction. The exact cause is poorly understood. The plaque is often easy to feel on the shaft of the penis. Peyronie's Disease normally occurs in two phases:

1. **Acute Phase:** 0-12 months of painful erections and potential worsening curvature. A small proportion of men report that their curvature improves. Peyronie's Disease causes shortening of the penis in both the erect and flaccid state.
2. **Chronic Phase:** Stable phase where pain settles, and plaque does not progress. The curvature can be very mild or more severe.

Congenital Curvature (Congenital Chordee) – A naturally occurring bend in the penis (usually downward), present from birth, which may cause discomfort or difficulty during intercourse.

Plaque Formation Stages



Symptoms of Penile Curvature:

- A noticeable bend in the penis when erect
- Pain or discomfort (common in Peyronie's disease)
- Difficulty with sexual intercourse
- Palpable plaque
- Erectile dysfunction

What are the treatment options?

No Treatment:

If you have good quality erections and the curvature is not impacting sexual activity you may not require any treatment

Non-surgical Treatment:

Medical therapy can be prescribed to help with the quality of your erections, at the discretion of your GP. Curvature may result in a deterioration in erectile function; this can be a physical or psychological result of penile curvature. Commonly, drugs such as Sildenafil (Viagra) and Tadalafil (Cialis) may be prescribed to help with the quality of your erections. These drugs act to increase the pro-erector chemicals in your penis. Common side effects include headaches, nasal congestion and change to your vision.

Penile traction or vacuum therapy can be used to help with angulation and length discrepancy that is caused by the underlying scarring process. The SOMA Correct device is the only device currently available on the NHS. Other devices include Restorex and Pennimaster Pro.

Other treatments that you may have already researched including shockwave therapy, penile lesion injections and oral therapy are **not available on the NHS and currently have limited evidence**.

Surgical Treatment:

Surgery is considered for cases where the curvature affects sexual function or causes significant distress. It is recommended that surgery is not performed earlier than 1 year from the onset of symptoms and when the curvature has been stable for 6 months.

Plication Surgery: Sutures are placed on the opposite side of the curvature to straighten the penis.

Grafting: Scar tissue is removed and replaced with a graft to restore length and shape. Grafts are either man-made (synthetic) or from animal tissue (bovine pericardial patch)

Penile Prosthesis: Recommended for those with erectile dysfunction alongside severe curvature.

We would encourage you to read more about the surgeries, ahead of your clinic appointment. You can find more on the British Association of Urological Surgeons website. https://www.baus.org.uk/patients/information_leaflets/category/7/penis_procedures

Or scan the QR code below:

Finally, to ensure no further delays, you need to complete the attached **International Index of Erectile Function** form and **clinical photographs** of your penis in the erect state. You can keep the photographs on your personal device (e.g. mobile phone), and these will not be shared between medical staff.

Please bring these images to your clinic appointment.

This is to help us get an idea of the severity and location of the curve. It will aid in deciding if you need treatment, and if so which treatment or procedure is best for you. This sheet will explain how to take these photos to ensure they are as clear and useful as possible.

You will need to take two images:

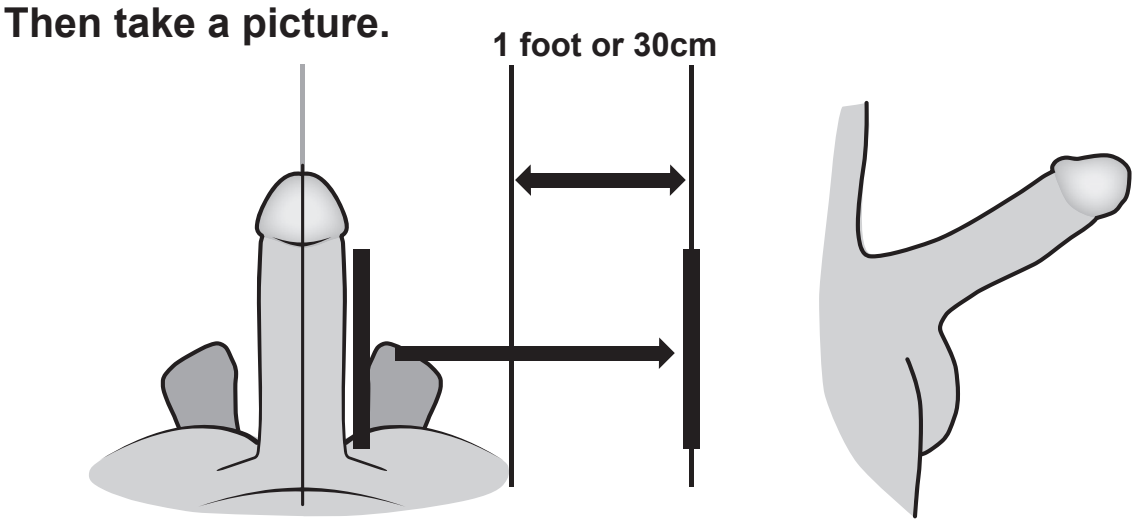
- **one from the side** to see how much your penis curves up and or down,
- and then **one from the top**, to assess how much it curves left or right.

It is important that the picture is taken during maximum erection and at right angles, in good lighting.

INSTRUCTIONS:

Step 1 – photo from the side.

Hold your camera or smart phone at the level of your penis. If you have a smart phone this may be easier with the front screen camera to enable you to visually adjust through the process. Please ensure adequate lighting. Then move the camera out roughly a foot from your right hip, keeping it at the same height.



The pictures above show the process of taking the photo on the left, and roughly what the photo should look like on the right.

Step 2 – photo from above.

Hold your camera or smart phone above your penis. Then move the camera upwards roughly a foot or 30cm from your penis. Then take a photo. The photo should look roughly like the image to the right.

