

Novoglan device use in public hospitals: enhancing outcomes and avoiding circumcision in phimosis

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Introduction:

Phimosis, whether congenital or acquired, affects a significant proportion of adult males in Australia. While topical agents with manual manipulation remain common strategies, a subset of patients experience persistent or progressive disease necessitating surgical intervention. Circumcision is effective, although associated with potential long-term complications including meatal stenosis, altered penile sensitivity and suboptimal cosmetic outcomes. Consequently, there is growing interest in non-surgical alternatives. This prospective study evaluates the clinical utility of the Novoglan device in patients referred for circumcision following failed conservative management.

Methods:

A single-arm, open-label prospective trial was conducted at the Princess Alexandra Hospital (Brisbane, Australia), enrolling 24 adult males with persistent phimosis unresponsive to standard conservative therapies. Ethics approval was obtained (HREC: PR/2023/QMS/66682). Participants were offered an 8-week trial of the Novoglan device whilst awaiting circumcision. Baseline and post-treatment assessments included phimosis grading, symptom burden, and quality of life metrics across domains such as pain, sexual function, daily activities, and psychological well-being.

Results:

Of the 24 enrolled participants, 20 completed the study, with 4 withdrawing due to personal reasons. The mean age of participants was 36.3 ± 13.7 years. Comorbidities included diabetes mellitus ($n = 6$, 30%) and genital psoriasis ($n = 2$, 10%). Balanitis xerotica obliterans (BXO) was clinically diagnosed in 70% of cases. Following 8 weeks of Novoglan use, 75% of participants reported improvement in foreskin retractability and symptom relief. Quality of life scores improved across all measured domains. Notably, 20% of patients avoided circumcision altogether, and 80% indicated they would recommend the device to others.

Conclusion:

In a cohort of patients with refractory phimosis, including those with suspected BXO, the Novoglan device demonstrated clinically meaningful improvements in symptoms and quality of life. Importantly, it enabled a subset of patients to avoid circumcision, highlighting its potential role as a salvage therapy in public health settings where surgical resources are limited or patient preference favours conservative management.