

First UK outcomes of a Novel, Non-Surgical Alternative for Adult Phimosis: Safety, Efficacy, and Tolerability of the Novoglan™ Device.

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Introduction

Circumcision remains the definitive treatment for adult phimosis following the failure of topical corticosteroid therapy. However, this surgical approach is associated with potential morbidity, particularly regarding the impact on sexual function in younger men. The Novoglan™ device is a novel, conservative treatment utilising a custom-moulded balloon for gradual preputial dilation and skin remodelling, offering a potential foreskin-sparing alternative. This study aimed to evaluate the safety, efficacy, and tolerability of the Novoglan™ device in the treatment of adult phimosis.

Methods

10 adult patients with symptomatic phimosis who had failed prior medical therapies were identified. Patients clinically with balanitis xerotica obliterans were excluded. Following initial consultation and training, participants were instructed to use the device independently at home for 30 minutes daily over a six-week period. The primary outcome was change in foreskin retractability, objectively measured using the Kikiros Phimosis Score.

Results

The mean patient age was 31.7 years (range 18-59). The mean pre-treatment Kikiros Phimosis Score was 2.33 +/- 1.41. Foreskin retractability significantly improved to 1.44 +/- 1.13 post-treatment (mean difference: 0.89 +/- 1.05; $p = 0.035$). Subjectively, 80% of patients reported improved foreskin retraction at the six-week follow-up, and all reported reduced pain and anxiety during sexual intercourse. The device was universally rated as easy to use (100%). Importantly, 50% of patients were satisfied with the outcome and had decided against proceeding with a circumcision. No serious adverse events were recorded; specifically, there were no reports of bothersome pain or bleeding.

Conclusion

The first UK analysis demonstrates that the Novoglan™ device is a safe, effective, and well-tolerated non-surgical option for the treatment of adult phimosis. It shows strong potential as a conservative, foreskin-preserving alternative for patients with mild to moderate phimosis who wish to avoid the morbidity associated with circumcision.