

Novoglan Tissue Expander as a Non-Invasive Alternative: Comparative Outcomes from Australian and UK Prospective Studies

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Introduction

Adult phimosis is typically treated with circumcision following unsuccessful topical therapy; however, surgery entails risks such as altered penile sensitivity, cosmetic dissatisfaction, and psychological distress. Non-surgical options that keep the foreskin, like the Novoglan tissue expansion device, may help with these problems by making it easier for patients to retract the foreskin without surgery. This abstract contrasts the outcomes of two prospective cohorts in Australia and the UK, examining the efficacy of Novoglan in clinical settings, its effectiveness in preventing circumcision, and its psychological benefits for patients.

Methods

Data were synthesised from two single-arm prospective studies of adult males with symptomatic phimosis refractory to standard medical therapies. The first study involving an Australian cohort comprised 24 patients on a public hospital circumcision waitlist, including those with suspected balanitis xerotica obliterans, who used Novoglan for 8 weeks. The second study involved the UK cohort, which included ten patients with mild to moderate phimosis, excluding balanitis xerotica obliterans (BXO), who used the device for 30 minutes per day for six weeks after receiving structured training. Outcomes included about 80% of patients reporting improved foreskin retractability (Kikiros Phimosis Score) and 50% of patients reporting treatment satisfaction and deciding against circumcision; 100% of patients rated the device as "easy to use". No serious adverse effects, bothersome pain, or bleeding were recorded.

Results

In the Australian cohort, 20 of 24 patients who were on the waitlist for surgery completed treatment, with 75% reporting improved foreskin retractability and symptom relief; quality of life improved across physical, sexual and psychological domains, and 20% took their names off the circumcision waitlist. In the UK cohort, the mean Kikiros Phimosis Score significantly improved, 80% reported subjectively better retraction, all patients described reduced pain and anxiety during sexual activity, and 50% elected not to proceed with circumcision. Across both settings, the device was well tolerated and rated easy to use, and no serious adverse events were reported.

Conclusions

Across two independent cohorts, the Novoglan device provided consistent, clinically significant improvements in adult phimosis and reduced psychological burden. The findings from two different studies showed that 20% of waitlist patients in the first cohort chose to avoid circumcision, while 80% of patients reported improved foreskin retractability in the second cohort. These findings support the incorporation of Novoglan as a conservative, foreskin-preserving option within phimosis management pathways in both public and specialist urology practice.