

The Use of Novoglan™ Device in Reducing Psychosexual Burden in Patients Suffering From Phimosis and Awaiting Circumcision in a Public Hospital

#050

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Introduction:

Phimosis, whether congenital or acquired, affects a significant proportion of adult males and can cause urinary and sexual dysfunction. While topical corticosteroids may be effective in a subset of patients, many patients experience persistence or progression of their phimosis, necessitating surgery. Circumcision, although effective, is associated with potential complications including meatal stenosis, altered penile sensitivity, sexual dysfunction and suboptimal cosmetic outcomes. Many males are keen to avoid circumcision due to possible adverse outcomes and to be able to preserve their foreskin for sexual satisfaction and avoid psychological distress related to being circumcised.

Objective:

This prospective study evaluates the positive psychosexual impact of the use of the Novoglan™ device in patients currently on the surgical waitlist for circumcision.

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 therapy and who were currently on the circumcision waitlist. Ethics approval was obtained (HREC: PR/2023/QMS/66682). Participants were offered an 8-week trial of the Novoglan™ device while awaiting surgery. Baseline and post-treatment assessments included phimosis grading, psychosexual 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, while 4 withdrew due to personal reasons. The mean age of participants was 36.3 ± 13.7 years. 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 all patients reported improvement in psychosexual domains and quality-of-life scores. Notably, 20% of patients avoided circumcision altogether and reported significant psychological relief and better sexual satisfaction.

Conclusions:

In a cohort of patients with refractory phimosis, the Novoglan™ device demonstrated clinically meaningful improvements in psychosexual symptoms and quality of life. Importantly, it enabled a subset of patients to avoid circumcision, highlighting its potential role as an effective therapy in addressing the long waitlist times for circumcision in the public health settings, where surgical resources are limited and importantly, patients can keep their foreskin and alleviate psychosexual distress associated with circumcision and/or phimosis.

Disclosure:

Yes, this is sponsored by industry/sponsor: Novoglan device

Clarification:

Industry funding only - investigator initiated and executed study