Journal of Medical and Surgical Urology
ISSN: 2168-9857
OPEN ACCESS Freely available online
Opinion Article

Management of Complicated Paraphimosis Requiring Urological Intervention

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DESCRIPTION

Paraphimosis is a urological emergency that occurs when the retracted foreskin becomes trapped behind the glans penis and cannot be returned to its normal position. This leads to venous and lymphatic congestion, resulting in progressive swelling, pain, and potential vascular compromise of the glans. If left untreated, it may progress to ischemia and tissue necrosis, making timely intervention essential.

The condition often arises in uncircumcised males following medical procedures such as catheterization, cystoscopy, or genital examination when the foreskin is not returned to its original position. It may also occur due to poor hygiene, trauma, or edema from infection or inflammation. In elderly or debilitated patients, reduced awareness or mobility may contribute to delayed recognition.

Clinical presentation typically includes painful swelling of the glans with a tight constricting band of foreskin located proximally. The glans may appear erythematous or cyanotic depending on the severity and duration of constriction. In advanced cases, ulceration or necrosis may develop due to prolonged vascular compromise.

When conservative reduction techniques fail, procedural intervention is required. One commonly used method is dorsal slit incision, which involves making a longitudinal cut in the constricting foreskin to relieve pressure and allow repositioning. This procedure is typically performed under local anesthesia and provides immediate relief of obstruction.

Pain management and infection control are important components of treatment. Analgesics are administered to reduce discomfort, and antibiotics may be prescribed if signs of infection are present. Proper wound care following intervention is essential to promote healing and prevent secondary complications.

Complications of untreated paraphimosis include ischemia, gangrene, autoamputation in extreme cases, and secondary infection. Early recognition and prompt treatment are essential to prevent irreversible damage. Delayed management increases the risk of tissue loss and more complex reconstructive requirements.

Patient education plays an important role in prevention. Individuals undergoing catheterization or urological procedures should be instructed on proper foreskin care, including returning it to its normal position after manipulation. Awareness among healthcare providers is equally important to avoid iatrogenic causes.

In pediatric populations, paraphimosis may occur due to improper foreskin manipulation or forced retraction. Management principles remain similar, but additional consideration is given to pain control and psychological comfort. In children, circumcision decisions are made carefully based on recurrence and severity.

Advances in urological emergency care have improved outcomes in paraphimosis management. Early recognition protocols in hospital settings have reduced incidence of severe ischemic complications. Training of nursing and medical staff in genital examination and foreskin handling is an important preventive measure.

In emergency settings, prompt diagnosis and timely intervention remain the cornerstones of successful paraphimotic management. Techniques such as manual reduction, osmotic therapy, and in some cases, minor surgical procedures are employed based on the severity of the condition. Delayed treatment can lead to complications such as ischemia, necrosis, or even gangrene of the glans penis, underscoring the need for rapid clinical response. Standardized clinical guidelines and simulation-based training have enhanced the preparedness of healthcare professionals in managing such urological emergencies effectively.

Public health education initiatives have contributed to increased awareness regarding genital hygiene and the risks associated with improper foreskin handling. Integrating patient counseling into routine clinical practice, especially in primary care and pediatric settings, can significantly reduce the incidence of paraphimotic. Continued research and professional training are essential to refine management strategies and ensure optimal patient outcomes, particularly in resource-limited settings where access to specialized urological care may be constrained.

CONCLUSION

Paraphimosis is a preventable urological emergency that requires prompt recognition and timely intervention. While conservative measures are effective in early cases, procedural or surgical

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Received: 17-Nov-2025, Manuscript No. MSU-25-41472; **Editor assigned:** 19-Nov-2025, PreQC No. MSU-25-41472 (PQ); **Reviewed:** 03-Dec-2025, QC No. MSU-25-41472; **Revised:** 10-Dec-2025, Manuscript No. MSU-25-41472 (R); **Published:** 17-Dec-2025, DOI: 10.35248/2168-9857.25.14.412

Citation: Whitmore D (2025). Management of Complicated Paraphimosis Requiring Urological Intervention. Med Surg Urol.14:412.

management may be required in more advanced presentations. Recurrent paraphimosis may indicate underlying phimosis, where the foreskin is too tight to be easily retracted or replaced. In such cases, elective circumcision may be recommended to prevent future episodes and associated complications. Early treatment ensures preservation of tissue viability and prevents long-term complications.