

An Overview of Frenulum Breve

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EDITORIAL NOTE

Frenulum breve, or short frenulum, is a condition in which the frenulum of the penis, an elastic strip of tissue beneath the glans penis that links to the foreskin and helps compress it over the glans, is excessively short, limiting foreskin mobility. The frenulum should be long and supple enough to allow for complete retraction of the foreskin, allowing it to rest smoothly on the shaft of the erect penis.

The penile frenulum is similar to the frenulum that connects the bottom surface of the tongue to the lower jaw, or the frenulum that connects the upper lip to the outside of the upper gum.

Signs and symptoms

A frenulum breve causes ventral glans deviation and discomfort during erection. Heavy bleeding can occur when the frenulum tears. The ripping of the frenulum breve is more common in young males during sexual intercourse.

Frenulum breve is a condition in which the frenulum breaks during sexual or other activities, resulting in dyspareunia. After the occurrence, the ripped frenulum may recover with scar tissue that is less flexible, producing additional problems. However, this ripping can also solve the problem by repairing the frenulum, making it longer and hence less problematic.

Since there is no conventional definition, a short frenulum can appear in varied levels of severity, and its diagnosis may be based on subjective criteria of evaluation during a physical examination in a medical clinic. Even when there is no observable phimosis, the frenulum inhibits prepuce mobility. A small frenulum pulls down the glans when the foreskin is entirely retracted over it. When the foreskin is gently retracted in the clinic, a "short frenulum" induces a ventral curve of the glans

major of 20° or more, according to one research. In this study, a short frenulum was found to be a prevalent cause of premature ejaculation, and frenuloplasty decreased ejaculation latency significantly.

In individuals who have premature ejaculation, a short frenulum may be more sensitive. Furthermore, because of the limited length of the frenulum and the pain, the strokes during sexual intercourse may be shorter but quicker, resulting in early ejaculation. When severe Frenulum breve is combined with major difficulty during sexual intercourse, the person may be mistakenly characterized as having psychosexual issues.

Diagnosis

Since this symptom is difficulty retracting the foreskin, severe frenulum breve is sometimes mistaken with phimosis and a generally tight foreskin. To some extent, most men with phimosis also have frenulum breve. Because the foreskin retracts across the glans in different ways, a milder frenulum breve might even go unrecognized.

Treatment

Stretching exercises and steroid creams may be used to treat the disease. Surgery may also be used to treat it. This disease can be treated using a variety of methods. An approach that minimises intrusive action involves threading a suture through the lower membrane and then tying a tight knot around the frenulum itself. The frenulum will weaken and finally break apart after a few days, allowing the prepuce to entirely retract. Other treatments need skin cutting and the application of sutures to aid in the healing process. It can also be treated with a frenuloplasty, a reconstructive plastic surgery procedure, or full circumcision with frenulum removal.

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