Prospective study on the effects of a penile stretching system (Phallosan) for penile augmentation in patients with normal sized penises

Sohn, M¹
¹Markus-Krankenhaus, Urology, Frankfurt am Main, Germany

Objective: Up to now no published controlled trials on the efficiency of penile stretching systems for penile augmentation have been published in peer-reviewed journals. Numerous stretching systems are available in the internet. In view of the dubious results of surgery for penile augmentation, a new stretching device, developed in Germany, was tested in an prospective study at our institution.

Methods: The Phallosan Stretchsystem consist of a modified condom-urinal which is out under tension in a belt system, worn for at least 5 hours per day. Prospectively 36 male volunteers with normal-sized penises, interested in penile augmentation were included in a protocol. 24 pts. were evaluable for success after 3 and 6 months. Before, during and after 6 months daily application of the device, patients answered a questionaire with 20 questions concernig penile length, erection and sexual satisfaction. Penile length and diameter was measured and documented in the flaccid and “stretched” state. More pronounced under stretched conditions (plus 1.8 cm). 15 men reported an improved quality of erection, 13 men improved rigidity. 80 % were subjectively content with the results and prolonged the continuous use of the device outside the study. There was a significant correlation between length gain an duration of daily use.

Conclusion: Continuous use of a stretching device can produce penile length augmentation after 6 months. Measurements under “stretched” conditions coincide with subjective results. Further trials in patients with penile deformities (Peyronie’s disease) should be accomplished.