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healthcheck

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I'm circumcised – can my foreskin be restored?

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Question

I would like to find out how to make my penis glans more sensitive.

I was circumcised at a very early age and this has left my penis very 'insensitive'. I have therefore found sexual intercourse not perhaps as pleasurable as it could be.

I have immense difficulty getting enough stimulation to ejaculate during intercourse.

My wife is very understanding.

We've discovered that foreskin restoration techniques exist. But will this make my glans more sensitive again?

My wife has printed off much information about various forms of stretching, etc and using steroid creams to stimulate cell growth and thus assist in the restoration of the foreskin.

Could you advise what my next step might be if I were to start a program of restoration?

Would my GP be supportive or would I need to go to a private doctor for assistance?

I know there are a lot of questions here and would appreciate your guidance.

Answer

The questions you raise are interesting, especially since [circumcision](#) is in itself unlikely to cause the penis to become insensitive. Most circumcised men do not report this problem.

There can be several difficulties encountered in uncircumcised men, namely pain and inflammation and infection caused by a [tight foreskin](#), all of which can interfere with love-making too.

I too have read about foreskin restoration technique in such well-respected journals as the British Journal of Sexual Medicine, but very few GPs, including myself, are ever likely to recommend going through such agonies in the pursuit of the very dubious and uncertain result.

The technique simply involves stretching the existing skin using little weights to pull it forward over the head of the penis.

Clearly there is very little loose skin to start with, and since the skin cells only grow very slowly, just like skin growing over a graft or over an open wound.

You can imagine it would take many months, even years, to achieve the growth of an artificial foreskin and at some considerable discomfort and self sacrifice.

I just cannot recommend it, and there is also no guarantee that it would sort out your problem of inadequate sensitivity.

I think you would be best to experiment with different lubricants such as Senselle or KY jelly. Using certain sexual techniques and adopting different sexual positions might enable you to ejaculate more quickly.

Concentrate on the things that stimulate you most and discuss these with your wife. You say she is very understanding so this should not be a problem.

I would avoid steroid creams at all costs since this can thin the skin and leave it prone to trauma and infection.

You might like to contact the [Institute of Psychosexual Medicine](#) in London, but I would certainly explore other methods before adopting the long and arduous route of foreskin restoration.

Yours sincerely

The NetDoctor Medical Team

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