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It's a fact that male circumcision is factored around the parent's prerogative and their views on this form of surgery. Regardless if you're for or against this procedure, there's good news for people out there who are unhappy about that missing piece of skin.

 CONTRIBUTOR - MAY 21, 2008

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It's a fact that male circumcision is factored around the parent's prerogative and their views on this



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form of surgery. Regardless if you're for or against this procedure, there's good news for people out there who are unhappy about that missing piece of skin.

Foreskin restoration is a unique method that helps regrow the foreskin for those wanting to return to the natural look.

So why are men affected by their circumcision?

Because they are missing out on the sexual enjoyment that is their birthright, Dr Peter Ball, vice-chair of NORM-UK, said.

They feel mutilated, incomplete, damaged, assaulted, robbed. They resent the lack of informed consent to the operation.

There are myriad ways of restoring the foreskin, so Dr Ball has produced a 40-minute video demonstration called Restoration in Focus showing the basic methods both DIY and commercial.

They all work. The important thing is the length of time devoted to the restoration, he said.

Subjecting the skin of the shaft of the penis to prolonged tension results in the growth of new skin which can be folded over the glans. Obviously the bigger proportion of your day you spend and the looser you have been circumcised the shorter the time -" it takes roughly two to three years.

Restoration of the glans rolling in and out of the foreskin mechanism during intercourse and masturbation is so pleasurable for the intact man.

Restoration of some of the sensitivity of the glans that was lost by circumcision also happens. I must remind restorers that you will never get back the mucosal lining of the inner foreskin and the erogenous ridged band that is removed forever by the act of circumcision.

The restoration is relatively inexpensive -" the cost of the paper tapes, weights, elastic bands and the optional cost of buying a commercial tape-less gadget.

It is possible to damage the skin by gross over-stretching. If the process hurts then you are doing harm, Dr Ball said.

If you are an unhappily circumcised man, don't hesitate and go for it. The key to success is perseverance.

info: For more information on foreskin restoration visit

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Circumcision strips the penis of 51%-75% of the penile shaft tissue (much of it erogenous).

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Through science and medicine, the foreskin is known to contain specialized structures, muscle, a complex vascular system, and tens of thousands of highly concentrated, specialized, erogenous nerve cells and fine touch receptors. These specialized structures include the preputial sphincter (protection and stimulation), the frenulum, and the ridged band. In particular, the frenulum is a very erogenous region (known as the “sex nerve” in France) that is either ablated during circumcision or is extremely underdeveloped on the circumcised penis. The ridged band’s fine touch receptors complement the coarse sensory receptors of the glans (head of the penis) and it is always removed during circumcision.


Besides providing a specialized combination of nerves, the foreskin acts as an erogenous sheath in which the shaft and glans glide and with which the frenulum and ridged band are stimulated.

The foreskin provides not just more sensitivity, but enhanced sensitivity. These structures and nerves are essential to the complete experience and functioning of the sex act, so that their amputation results in a clear sensory and mechanical deficiency.

Moreover, there is no debate that circumcision destroys sexual ‘perception’. The only question is whether the REMAINING tissue (glans and what’s left of the inner foreskin) is desensitized due to the conditions engendered by the amputation of the foreskin. While there is conflicting evidence as to the degree of further desensitizing, it is certainly the case that the glans and remaining inner foreskin are transformed into fully external structures—something that is unnatural for these mucosal tissues. They suffer from drying-out, subtle lifelong abrasion (simple contact with clothes), and keratinization (a response that reduces the irritation of drying-out and abrasion, but also results in a reduction of nerve stimulation); indeed, intact men who find their penises to be too sensitive are often instructed to retract their foreskins temporarily throughout the day in order to let them desensitize via keratinization.

Men enjoy their foreskins a lot; men enjoy having fully functional penises.

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