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## Sexual Health - Men Message Board

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03-19-2003, 01:01 AM

#1

[jake\\_w](#)

Newbie

Join Date: Mar 2003

Posts: 6

Hugs: 0

Hugged 0 Times in 0 Posts

Thanks: 0

Thanked 0 Times in 0 Posts

my reason for future circumcision

Hi guys, I found this place while looking for some information about foreskin problems. I have a [penis](#) head that is not like those of other guys that I checked on some pictures. Mine is rather long, I can only hope that you will understand it from my explanation - the sulcus is farther down the shaft than what I saw in normal men. Because of that I have to retract the foreskin farther if I want to get it behind the sulcus in order to fully expose the head. And that hurts. Masturbation is fine, because I never pull the skin that much back. But if I just want to expose the whole head denuded, like the most normal thing any guy would do so easy, than it hurts to pull that much back. Also, the whole head feels very uncomfortable (extremely sensitive), as it's almost never been exposed fully. Masturbation is okay, but I noticed during sex (which I recently started to have regularly) the foreskin snaps behind the sulcus and stays there. It feels awkward and uncomfortable. I have to take my penis out and pull the skin to cover the head again and then continue. It's not parapsymosis, the foreskin doesn't lock behind the sulcus. It's just that anytime I pull it to there (or it goes by itself during sex) there's pain and discomfort. I wonder if I should have a [circumcision](#). I fear that in my condition it will have to be a deep cut. I am very confused right now.

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03-19-2003,  
06:46 AM

#2

Geoff 


**B**  
Senior  
Veteran  
(male)

Join  
Date:  
Mar  
2001  
Posts:  
1,646  
Hugs: 0  
Hugged  
1 Time in  
1 Post  
Thanks:  
0  
Thanked  
9 Times  
in 7  
Posts  


If it is uncomfortable now to expose the head of your penis imagine how bad will it be if you have your foreskin cut off? It sounds like your foreskin is just a bit tight. Stretching will fix that quite rapidly if you do it properly and persist with it. See my advice in this post [\[url="http://www.healthboards.com/ubb/Forum107/HTML/002115.html"\]http://www.healthboards.com/ubb/Forum107/HTML/002115.html\[/url\]](http://www.healthboards.com/ubb/Forum107/HTML/002115.html) . Alternatively it could be your frenulum that needs to be stretched. This can be achieved by pulling the frenulum as far back or as far forward as you can without real pain and holding it there for a few minutes at a time repeat this quite a few times a day but don't make it sore. If you go too fast with this or stretching the foreskin opening you can cause tears, which you will have to wait for to heal, slowing you down in the long run. Give stretching a go. You have nothing to lose and everything to gain. Once the foreskin can be retracted without pain or discomfort you can work on lessening the sensitivity of the head. This is done by gradual exposure and stimulation.

03-19-2003, 10:04 AM

#3

**henryd**   
Inactive  
(male)

I went through this procedure a few months back. to say the least it was the best decision i ever made. alot of guys on this board are to hung up about this issue and i think have to much to say about this issue. having been

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Join Date: Oct 2002  
 Posts: 89  
 Hugs: 0  
 Hugged 0 Times in 0 Posts  
 Thanks: 0  
 Thanked 0 Times in 0 Posts

both wasy cut and uncut this is the better i don't say any guy should have it done for no reason at all, but if you go to the doc and he examines you don't you think he must know whats going on? i am way older than most guys on this board and if any guy has troulbe with there foreskin then it should be taken care of. you know stretching always doesn't help all the time i have tried that and tried most things my guy friends would recommend to me. it was a big decision to make for any man especially after 50 years with this foreskin and then having it removed. you young guys need to get a life and not worry about us guys that need this procedure and stop talking about not having the skin removed i think a [medical](#) doctor should know whats going on don't you think? any one that wants to debate this issue can email me [removed]

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[This message has been edited by moderator2 (edited 03-19-2003).]

03-20-2003, 05:57 AM

#4

**Geoff B**  
 Senior Veteran  
 (male)

Join Date: Mar 2001  
 Posts: 1,646  
 Hugs: 0  
 Hugged 1 Time in 1 Post  
 Thanks: 0  
 Thanked 9 Times in 7 Posts



If he tries stretching and it does not work (which is usually due to not doing it properly or regularly)then he can always have a circumcision or a doesal slit later. You experienced very little in the way of problems after your circumcision but I have seen plenty of posts from men who had lasting problems afterwards and were not happy at all. Circumcision should always be used as a last resort not as a first option. Most American doctors seem to be only aware of circumcision as a treatment for phimosis but doctors in other [countries use](#) stretching and other treatments first.

03-21-2003, 01:24 AM

#5

**jake\_w**  
 Newbie

Join Date: Mar 2003  
 Posts: 6  
 Hugs: 0  
 Hugged 0 Times in 0 Posts  
 Thanks: 0  
 Thanked 0 Times in 0 Posts



I am not quite sure how to visualize stretching the frenulum. I am afraid if I pull the foreskin forward in order to stretch the frenulum, the foreskin itself will get stretched in length (which I wouldn't want, it is already long enough) and will become loosen like a trunk when flacid. Instead can I slide it back and carefully hold the frenulum with thumb and index finger pulling it slightly up (away of the glans)? I tried it a few times, I can do it. Just have no idea will it be effective. Is it enough to practice stretching few times a day each for a few minutes? I appreciate that you answered me, thank you.

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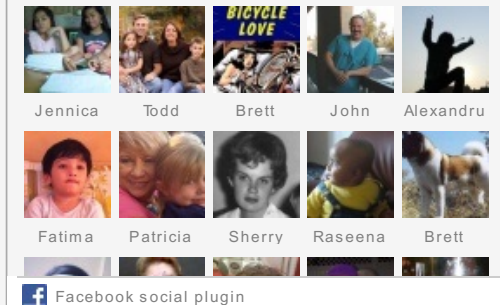
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