

Penile elongation and enlargement surgery

**Frenuloplasty
Circumcision with/without neurotomy**

Professor Alessandro Littara

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“What counts more in bed, the size of the sex organ or that of the brain?” enquired a journalist a few years ago. Tongue in cheek, Sharon Stone replied: “Without a doubt brain size, even if certain sizes don’t really hurt in bed”. Is this really true? So where do men get the idea about how their penis “should” be? For some it stems from seeing their fathers penis, for others it stems from seeing their companions bodies in changing rooms, for some others it may stem from the comments of their partners and for others still from the bodies of cultural icons: the super endowed seen in videos and porn magazines, specifically recruited for their endowment. For all those who feel “inadequate” or simply wish to satisfy a purely aesthetic desire, surgery now offers the solution: the “Designer Laser Phalloplasty®”, a meeting point between creativity and surgical technology. This approach, innovative in its sector, merges the advantages of the personalization of surgical technique with the use of latest generation lasers. The surgeon therefore becomes a sort of “designer”, who “personalizes the opera” on the basis of his experience, ability and aesthetic sense, with the view to obtain the most gratifying result for him and his patient.

Introduction

Penis size has always been a topic of great appeal for man. From ancient times we have continuous examples showing the importance of the dimensions of the genital organ as a symbol of virility and command. Nowadays, more and more men turn to specialists in this sector with the aim of correcting development deficits, improving their self-esteem or simply for exclusively aesthetic reasons. Whatever the motivation is, the demand for solutions in this field is increasing continuously, stimulating surgeons towards an ever increasing perfection of techniques.

For more than 15 years Professor Littara and his team have been dedicated to aesthetic-reconstructive surgery of the penis, gaining vast experience in the sector. What continuous practice has taught us is that all individuals have different anatomies, needs and expectations, and as a result the surgical procedures must adapt to every single case and not vice versa. For this reason “Designer Laser Phalloplasty” was born, an innovative approach in this sector made up of a com-

ination of many surgical techniques to adapt to every single case, with the aim of obtaining the best aesthetic result and the greatest possible satisfaction in relation to the expectations of the patient. Such a result is also made possible thanks to the use of a laser which allows for better aesthetic results, less side effects and significantly quicker recuperation times. The surgeon therefore becomes a sort of “designer”, who personalizes the job based on his experience, ability and aesthetic sense, with the view of obtaining the most gratifying result for him and the patient.

Professor Alessandro Littara and his team

Professor Alessandro G. Littara is the founder of the Institute of Sex Laser Surgery of Milan and the creator of Designer Laser Phalloplasty (DLF®). Dr. Alessandro G. Littara, specialist surgeon, can be considered a “pioneer” of sex surgery. With training from the prestigious School of Andrology of the University of Pisa, he benefited from the teachings of some of the most expert and most qualified Italian and foreign uro-andrologic surgeons. He is a member of numerous scientific societies, among which the Italian Andrology Society (S.I.A.), the International Society for Sexual and Impotence Research (I.S.S.I.R.) and the European Society of Sexual Medicine (E.S.S.M.). He is currently a professor of the “Uro-Genital Reconstructive Surgery” course at the Urology specialisation school of the University of Pisa.

For many years he has dealt with penile functional and aesthetic surgery, with particular reference to the modification of the dimensions of the penis. He is the author of more a thousand surgical operations. The experience gained in this sector and the constant update in the most important and qualified international centres have allowed him to elaborate and bring to birth the “Personalised Male Sex Surgery”, or in other words “Designer Laser Phalloplasty”, which to date can be considered as “state of the art” in the surgical modification of the dimensions of the penis.

The surgical team of the Institute of Sex Laser Surgery, directed by Dr. Alessandro G. Littara, is made up of high level professional figures each specialized in their field and with a high number of surgical operations performed. In each operation a plastic surgeon is present, with specific responsibilities regarding the aesthetic result and the post-operative treatment of the surgical wounds. The urology and gynaecology (for surgery on the female genitalia) specialists, ensure perfect functional integrity of the genito-urinary tract besides dealing with specific issues such as urethral surgery and incontinence.

The anaesthetic team is adequately prepared to provide the necessary pre and post-operative assistance, besides their ability to utilise modern anaesthetic techniques specific to each operation performed. This task is carried out through the rigorous application of the principles of “painless surgery”, which eases both the operative and post-operative course and therefore eliminating or drastically reducing pain perception, which is always a source of anguish for the patient.

Curriculum Vitae of Professor Alessandro Littara

Born in Pisa on 15 April 1964

- .: First class honours degree in Medicine and Surgery from the University of Pisa
- .: Specialisation in “General Surgery” at the University of Studies in Pisa (Institute of General and Experimental Surgery, Cisanello Hospital, Pisa), with a thesis entitled “Surgical therapy of a varicocele: modern trends”.
- .: Specialisation in “Diagnostic ultrasound in Surgery” at the University of Pisa
- .: Specialisation as “Andrology modules Operator” at the University of Pisa
- .: Winner of the concourse to enter the “European School of Andrology and Andrological Surgery” (organised at European andrological centres for excellence by the Italian Andrology Society)
- .: Certification in LVR® (Laser Vaginal Rejuvenation) and DLV® (Designer Laser Vaginoplasty) at the Laser Vaginal Rejuvenation Centre of Los Angeles, directed by Dr. David Matlock.

- .: Contract Professor of Uro-genital Reconstructive Surgery, Pisa University
- .: Training (1991) at the Andrology Centre of the University of Pisa (Directed by Prof. G.F. Menchini Fabris), currently an external collaborator. At this centre he specialised as an Andrology Module operator and in Medical Sexology.
- .: Long collaboration with the Institute of General Surgery II – Endocrinosurgical Operative Unit (directed by Prof. P. Miccoli) at the University of Pisa, with regards to surgical practice.
- .: Practical uro-andrological surgery student of Prof. E. Belgrano (Director of the Urology Clinic of the University of Trieste) and of Prof. F. Carmignani (Director of the Urology Clinic of the University of Genoa) for more than five years, staying up to date with leading edge uro-andrological and gynaecological surgical techniques.
- .: Refresher Course at the S. Raffaele Institute of Milan in the Urology department directed by Prof. Rigatti.
- .: Head of the medical and surgical andrology-sexology unit at the Casa di Cura “Mercurio-Quisisana of Montecatini Terme (PT), where he participated in about 1000 andrologic, uro-gynaecological and general surgery operations in the position of either head surgeon or assistant surgeon.
- .: Participation as a student at the “European School of Andrology and Andrological Surgery”, organised by the Italian Andrology Society held at European centres of renowned excellence.
- .: Practices as a free-professional in, medical and surgical diagnosis and therapy of pathologies of uro-andrological, uro-gynaecological and sexological nature.
- .: Participation in the capacity of speaker at many congresses of uro-andrological and plastic-aesthetic nature (Italian Society of Andrology; European Society of Aesthetic Surgery; Italian Society of Aesthetic Medicine and many others)
- .: Strong believer in computerisation, author of the first Italian website dedicated to andrology (Pisa Centre for Andrology website), and

has provided an information service for the public on his own website (www.androweb.it) since 1996.

.: Collaborator of Radio 24 with regards to medical and surgical andrology and sexology. He collaborates with national dailies, weekly and monthly magazines of large circulation and national and regional television programs. He formulated and conducted a program devoted to sexology (“SessoOS) on a Tuscan radio station. He also participated in the program “Instruzioni per l’uso” on Radio 1 and Rai 3 conducted by Emanuela Falcetti, as a subject matter expert.

.: Founder and person in charge of “The Centre for Sexual Medicine” of Milan, where all diseases of sexual and reproductive nature, male and female are treated. He manages a multi-disciplinary team, made up of andrologists, gynaecologists and specialists in assisted reproduction, psycho-sexologists, psychiatrists, plastic surgeons and lawyers.

.: Training and licencing in female genital laser surgery at the Laser Vaginal Rejuvenation Centre of Beverly Hills, directed by Dr David Matlock, a surgeon affiliated to and licenced for DLV® (Designer Laser Vaginoplasty), LVR® (Laser Vaginal Rejuvenation) and G-Spot Amplification procedures, performed at that centre.

.: He currently practices as a free professional and sees patients in Milan, the main seat and periodically in Rome and Viareggio (LU). He also collaborates with centres specialising in infertility therapy for couples and is a contract Professor in Uro-genital Reconstructive Surgery at the University of Pisa.

.: Membership in Scientific Societies:

- Member of the Italian Society of Andrology (Società Italiana di Andrologia, S.I.A.)
- Member of the Italian Society of Andrology and Sexual Medicine (della Società Italiana di Andrologia e Medicina della Sessualità, S.I.A.M.S.)
- Advisor at the Italian Society of Sexology and Sexual Education (Società Italiana di Sessuologia ed Educazione Sessuale S.I.S.E.S.)
- Member of the Italian Society of Male Genital Surgery (Società Italiana di Chirurgia Genitale Maschile, S.I.C.G.E.M.)
- Member of the European Society of Sexual Medicine (E.S.S.M.)
- Member of the International Society for Sexual and Impotence Research

(I.S.S.I.R.)

- Member of the American Academy of Cosmetic Surgery (A.A.C.S.)
- Member of the American Academy of Phalloplasty Surgeons (A.A.P.S.)
- Advisor of the European Association of Genital Rejuvenation and Plastic and Aesthetic Surgery (Associazione Europea di Ringiovanimento e Chirurgia Plastica ed Estetica Genitale, A.R.P.L.E.G.)

Designer Laser Phalloplasty

Nowadays it is possible to increase the length and girth of the penis, individually or in association, through quick and simple surgical operations. At present, such surgical methods are standardised. To lengthen the penis, a division of the suspensory ligament is used, while the most commonly used technique for increasing the width is the use of body fat. Some surgical schools use materials foreign to the body (non- absorbable fillers, strips of pig skin, etc.), but in our opinion the frequency of complications and the poor results discourage the use of these techniques.

The standardisation of a surgical procedure enables the reproduction of the same gestures every time in order to obtain the same results always. It is a very effective and widespread practice in surgery. Nevertheless, in aesthetic surgery of the penis the results vary considerably even if the same method is rigorously adopted: evident increment is some cases, modest in others and practically none in others still. This is due to various factors, mainly represented by the anatomy of the zone which is considerably different from person to person and the experience of the surgeon.

In fact, besides the consistency of the suspensory ligament of the penis, on which the result largely depends, the thickness of the suprapubic panniculus, the lateral insertions of the penis, the diameter of the base

and apex of the penis and many others, need to be considered. Furthermore, once the suspensory ligament has been divided, a groove varying in size and form in each instance, which requires personalised treatment, is formed. Just the concept of “personalisation” is at the root of Designer Laser Phalloplasty: the surgeon becomes a sort of “designer” who, considering the variables shown above, “personalises the job on the basis of his experience, ability and aesthetic sense with the view to achieve the most gratifying result for both him and the patient.

Naturally, in order to aspire to this goal it is necessary that the surgeon have vast experience in the sector, and be endowed with a strong aesthetic sense. In this regard a surgical team with specific duties was created. The principal surgeon, Prof. Alessandro G. Littara possesses decades of experience in this field, and is assisted during surgery by a plastic surgeon with specific duties of vibroliposculpture and cutaneous plastic surgery. Furthermore the use of the latest generation surgical diode laser allows for unquestionable advantages with regards to accuracy of the divisions, reduction of surgical duration and more rapid healing of the wounds.

The term “Designer Laser Phalloplasty” indicates a combination of surgical procedures which the surgeon employs depending on the result he would like to obtain. There are men who only wish to lengthen their penis, others who desire to have a bigger penis and others still who require both corrections. In order to obtain the desired goal, the following surgical procedures are used:

- Laser division of the suspensory ligament of the penis (with the insertion of a pubo-cavernous spacer)
- Supra-pubic cutaneous laser plastic surgery using the V-Y method
- Supra-pubic vibroliposculpture
- Peno-scrotal cutaneous plastic surgery
- Combined lipo-sculpture of the penis (penis enlargement)

Frenuloplasty

The frenulum of prepuce of penis is the structure commonly known as the “**fillet**”, which stretches between the glans and the shaft of the penis. In some cases this may be **shorter than normal** and it therefore “pulls” when the penis is erect. This may result in the possibility of **laceration** (especially during the first occurrences of intercourse), total breakage or recurrent **episodes of inflammation**. Moreover, this structure is richly innervated and its increased stimulation during penetrative sexual intercourse (because of its tense state) can cause an increase in the contraction stimuli of the muscles governing ejaculation and ultimately, **prematurity of ejaculation** itself.

Its correction is clearly surgical, through a procedure called a “**frenuloplasty**” which consists in lengthening the fillet, rendering it less sensitive to strain. The operation is very simple, **outpatient**, and is performed under simple **local anaesthetic**.

The sutures are generally made of absorbable material and they fall off spontaneously within 10-15 days. Sports activity can be resumed after 7 days and sexual activity after a month. The usefulness of the procedure together with its simplicity, make frenuloplasty **one of the most frequent surgical operations** within the bounds of andrological surgery.

Circumcision with/without neurotomy

The operation of circumcision is performed in **day-hospital** under **local anaesthetic** through the injection of 1% xylocaine along the two penile nerves. Healing is complete in 3-4 weeks and within a month normal sexual activity may be resumed. There can be complications, the most frequent being haemorrhaging, treatable with a simple compressive bandage. Less frequently an infection may require localized treatment and delay healing. Other complications are extremely rare.

The surgical procedure

After epilation of the pubic area (which the patient can perform on his own prior to the operation), simple anaesthetic is performed at the base of the penis, through an injection using a thin and totally painless needle. After some minutes, we proceed with the removal of the skin that covers the glans with a surgical diode laser, rendering it bare. Use of a latest generation surgical diode laser “*Photo Medex Surgical*” made by the Californian company “*Innogyn*” allows for more precise cutting, less bleeding of the tissues, less post-operative swelling and ultimately a better aesthetic result with significantly shorter recuperation times. If premature ejaculation is involved we also proceed with a division of some nervous fibers that cause sensitivity in the sulcus of the glans (**glandular neurotomy**). After this a cutaneous suture is performed using a plastic surgery technique: small and close stitches using absorbable material on the inner part of the sulcus of the glans (to render the sutures as invisible as possible). A compressive bandage, which is removed an hour later, is applied. The patient is then accompanied to his room where he rests for about an hour. After which he is medicated and discharged with instructions on therapy and successive medication. On the same afternoon it is already possible to resume all work activities, although rest is recommended for the rest of the afternoon. On the following morning all other activities can be resumed with the exception of sports (after 7 days) and sexual activities (after 30 days).

This operation is performed very often both in Italy and the world and if it is executed by expert hands no notable complications or side effects are foreseen. In fact this operation is to be considered as absolutely safe.

Painless Surgery

All the “**Designer Laser Phalloplasty**” surgical procedures, even when used contemporaneously, **provide for discharge on the same day as surgery.**

The form of anaesthesia used is discussed in advance with the anaesthesiology team, who will consider the duration of the operation, the characteristics of the patient, the results of blood and instrumental tests required and last but not least the preferences of the patient himself.

The anaesthesiology team is adequately trained to provide the necessary pre and post-surgical assistance and is capable of using every modern anaesthesiology technique specific for each operation performed. This task is performed through the application of rigorous principles of “**painless surgery**”, which allows the patient to serenely endure the wait, the surgical part and the postoperative course, drastically eliminating or reducing the perception of pain, which is always a typical source of anguish.

One of the main causes of worry for a person who has to undergo surgery has always been the presence of pain, both during and at the end of the operation and in the days that follow. In fact any surgical procedure in any part of the body puts a series of chemical reactions into action which produce the sensation identifiable in pain. All the more in the field of sexual surgery which by definition acts on parts of the body which are particularly sensitive and therefore able to cause pain symptoms.

To remedy or at least decidedly limit this phenomenon we have put in place a specific series of steps with the collaboration of our anaesthesiology team. Drugs are in fact prescribed well before the operation, and are assumed in a way that is well explained to the patient. The anaesthesia technique for the operation is first explained and then performed in order to avoid any form of perceptible pain. After the operation a specific cocktail of drugs which considerably reduces and often cancels the presence of pain is administered. Upon discharge after a check-up and the possible dressing of the surgical wound, a specific drug therapy to

prevent infective and inflammatory events is prescribed. Moreover, in the two days following the operation a specific analgesic drug, that is, against post-operative pain, is prescribed. In this way actual pain prevention is performed which has the aim of allowing the patient to return to their habitual occupation quickly.

Before the operation

Sex surgery operations are not different from operations performed in other parts of the body and therefore do not require special attention. Nevertheless:

- On the evening prior to the operation it is best to eat a diet of easily digestible food in a small quantity, to be eaten by and not after midnight;
- Any medicines should be suspended or used according to the instructions given by our anaesthesiology team;
- Perform a trichotomy, or in other words shave the regions involved with creams suitable for sensitive areas which are easily found in pharmacies. The pharmacist will recommend the best one. Should this create too much discomfort, the trichotomy will be performed on the morning of the operation by our nursing staff;
- Check that all the documents requested (blood tests, electrocardiogram, identity document, tax number etc...) are present and available;
- Have a shower including a careful genital wash using intimate hygiene products;
- If you suffer from constipation use an enema for adults to evacuate and therefore minimise discomfort on the following day;
- Jot down all questions, even those which seem so trivial which come to mind and that will be directed to the surgeon and/or the anaesthesiologist. Remember that it is better to ask twice than to remain in doubt and you must face the operation without any doubts, knowingly informed of every step;

- Have a lot of trust and sleep peacefully!

Advice for a good post-operative course

Hospital time and convalescence after sexual surgery varies from person to person and obviously depends of the type of procedure chosen and the possible realisation of combined operations. Besides the procedure, there will be physical and emotional aspects to consider during the post-operative course. It is important to remember not to rush the healing process. **Here are some useful suggestions for a good post-operative course:**

- To reduce swelling of the penis and the supra-pubic region after penile lengthening laser surgery it is helpful to apply ice, which should be placed above the dressing. It is sufficient to use it in the first two days after the operation.
- Organise your post-operative course. Depending on the type of operation and your biological variability, the recuperation time can vary from just one to 5 or 6 days. Remember that this influences work, the family and social events.
- Be realistic in your expectations. Before reaching the final result there shall be a period where you will see yourself worse. This regards all surgical operations, especially those performed in very sensitive areas, such as the genitals. Bandages, patches, swelling and bruises are normal after surgery. Even if Avant-guard techniques are used there will still be a period where the appearance will not be the “best”. Have no fear! The healing process will gradually reveal the results of the operation. If you have any doubts about something in particular, do not hesitate to contact the surgeon;
- Always follow the instructions given by the surgeon. Whether it's taking a prescribed medicine or in order to recommence physical activity or the instructions for the care and hygiene of the scar, follow the instructions given by the surgeon and should there be any doubts contact us on the number given at the time of your discharge;
- Organise yourself in such a way that you do not have any important commitments immediately after the operation;
- Take all the time you need for recovery without forcing the situation. Excessi-

ve haste can for example lead to opening of the surgical wound, an event which will necessitate dressing of the wound and more patience for healing;

- Rehydrate the body often. After surgery it is possible that there are fewer liquids in the body. Drinking water frequently during the post-operative period helps to rehydrate the tissues;
- Maintain a light diet which is easily digestible;
- Scrupulously observe the given time before recommencing sexual intercourse, even if you may feel well and without problems. Remember that each suggestion derive from the sum of results obtained from thousands of operations and has been optimised on the basis of experience. In due time, recommence intercourse gradually, avoiding aggressive behaviour and lubricating the genital organs if needed, at least during the initial period;
- Do not take any anti-inflammatory drugs or aspirin without the consent of the surgeon. These increase the risk of bleeding and can interact with other drugs prescribed for surgery. It is fundamental that the surgical team is aware of the medicines that you take.

Our Institution

Specialist appointments, surgical operations and post-operative assessments are performed at the Institute of Sexual Laser-surgery of Milan, at Viale Vittorio Veneto, 14 (in the area of Piazza della Repubblica – Central Railway Station).

Our institution was set up in 2006 for a specific aim: to guarantee the most absolute privacy and to personally handle the patient in every phase of his stay in our centre. In fact check-ups and surgery of the intimate regions of our body particularly involve our emotive sphere and need privacy and assistance different from that which can be given in a big Nursing Home furnished with many hospital beds and a continuous turnover of patients and personnel.

The Institute is composed of a day surgical unit, where male and female sex design operations are performed. The operating theatre is authorised to perform operations under general anaesthetic. The surgical block is perfectly kitted and furnished with beds for post-operative monitoring.

Besides all the andrological, urological, gynaecological and general surgery, procedures of plastic and aesthetic surgery, vascular surgery, dermatology are performed and there are specialists available for any problem of a medical, aesthetic and psychological nature.

Access for the handicapped is guaranteed by structural and architectural solutions. The reception service is located at the entrance in order to guarantee orientation of the users of the centre and to simplify registration activities.

The surgical unit and the hospital area are furnished with all the structural requisites necessary to guarantee safety and good performance outcomes: the theatre block is fitted with micro- air conditioning which guarantees 99,97% filtration of the air and optimal humidity and temperatures. The theatre, patient preparation rooms and the hospital rooms are furnished with multiple oxygen and compressed air points.

The operating theatre guarantees adequate monitoring of the vital functions with the aid of vital signs monitors; there are also automatic ventilators for anaesthesia and possible emergencies. The supply of medical gases is guaranteed by a double ramp centralised plant fitted with and alarm system for the consumption of the gases. The entire structure was designed to guarantee maximum comfort levels and most rigorous respect of personal privacy.

After discharge

Our operations, except in special cases, are all in day-hospital and therefore discharge occurs on the same day. For all our patients who come from out of Milan, who are the majority, it would be rather uncomfortable, other than being not advisable, to undertake a long trip on the same day of the operation.

For this reason, our Institute offers the option of booking single or double rooms in good quality hotels close by, in order to rest and then undertake the return journey on the following day after after undergoing a check-up at the surgical unit.

It is possible to obtain a **hotel booking service** through the Institutes secretary. Get all the information from our secretary Tania, who aside being extraordinarily efficient is also exquisitely polite!



NH Milano Touring
phone number
+39.0263351



Eurohotels
phone number
+39.0229400674



Hotel Amadeus
phone number
+39.026692141

Financing

The total cost of genital aesthetic-plastic surgery is made up of the sum of a series of items which comprise of the surgical fee, the assistance and assistants, cost of the anesthesia service, materials used and extras, the cost of the operating theater and hospitalization in the surgical unit. All these items have a cost and if we want to operate in a center that safeguards security and sterility we have to consider them.

For this reason it is counter-productive to call on surgical services with impossibly low and out of market prices because the savings obtained will detrimentally affect elements which are indispensable for safety – not to mention the experience of the surgeon and other fundamental elements.

It is therefore preferable to go to **certified and accredited structures**, which have operated for years in the sector and are equipped with all the necessary know-how to safeguard every aspect of the operation, from sterility in the operating theater to nursing staff, thanks to which the experience of the surgeon and his team will allow for the best results in absolute safety.

Gradually facing the expense is now possible in our center thanks to the help of a financier who has operated for many years in the sector, reliably and safely. In fact, thanks to Prestitempo, it will be possible to **divide the payments into comfortable monthly installments** commensurate to individual needs up to a maximum of 48 (forty eight) months

Animation of Circumcision Operation:

www.androweb.it/androweb/media/ani-circoncisione.asp

Institution Address:

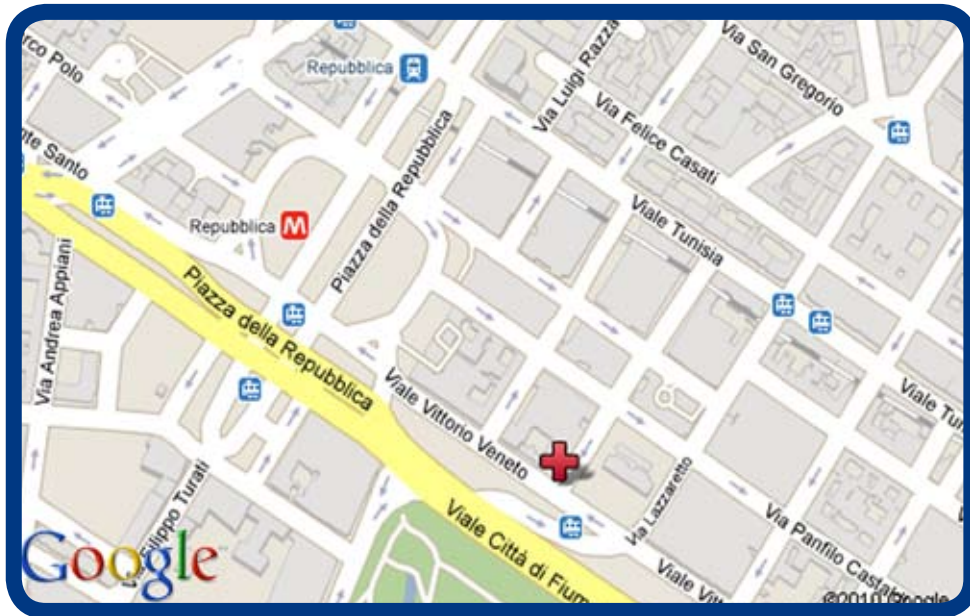
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