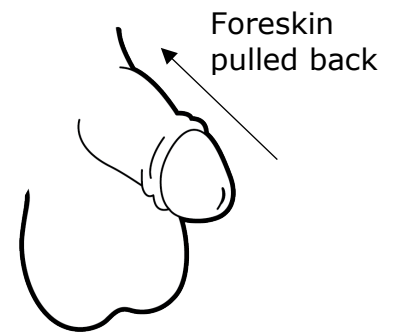


# Phimosis

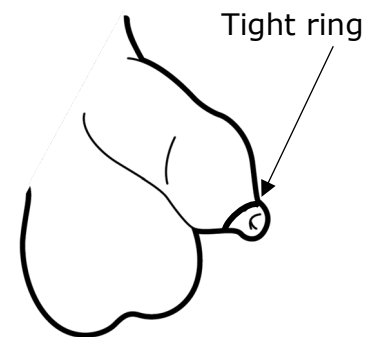
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## What is phimosis?

A covering of skin called the foreskin protects the tip of the penis (glans). If your son's foreskin naturally pulls back (retracts), you can gently pull it back to wash his penis.



Some boys have tight foreskin that is unable to be easily pulled back to expose the head of the penis. If the foreskin is tight, you might notice that it balloons or swells when your son is urinating. This is called phimosis. When you attempt to retract the foreskin, you might notice a **tight ring** that forms, preventing it from exposing the head of the penis, or you are only able to see the pee hole (urethral meatus).

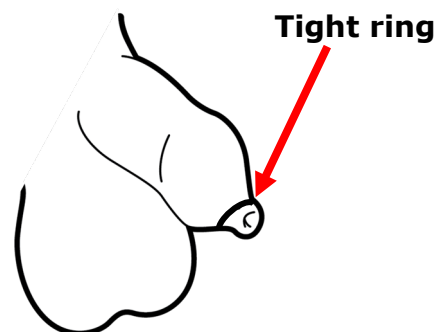


## How is phimosis treated?

You will need to gently pull back or retract the foreskin every day. Your doctor may have prescribed a topical steroid cream (Betamethasone 0.05 or 0.1%) to help this issue. It is very important you apply the cream properly for it to work.

## How to apply topical steroid cream properly:

1. Gently pull back the foreskin as far as you are able without causing discomfort.
2. You will see the tight ring of foreskin while it is pulled back (retracted).
3. Apply the topical steroid cream to your finger or a Q-tip™.
4. Apply the cream only to the tight ring of foreskin. This ring is below the tip of the penis (see the highlighted area on the diagram).
5. Return the foreskin to its normal position.



## How do you prevent phimosis from re-occurring?

Once you have used all of the cream, **it is important that you continue to pull back (retract) the foreskin daily**. Retract it in the shower or bath to keep it clean. You can also retract it while peeing to prevent urine from being caught in the foreskin. Always return the foreskin to its normal position once you have retracted it.

## When should I see a specialist?

If you have been applying the topical steroid cream two times each day for 3 to 6 months without any change, you should see a urologic specialist for evaluation.