



Information for
parents and
carers

Treatment of Phimosis (Tight Foreskin) with Steroid Cream

What is phimosis?

Phimosis is the inability to retract (pull back) the foreskin. This is normal in young children and gradually improves with age.

Patient information regarding phimosis and treatment options is available at:

www.baus.org.uk/patients/conditions/13/tight_foreskin_phimosis

Treatment with steroid cream

The steroid cream advised by your doctor is **Betamethasone Cream 0.05%**.

Apply a thin layer of cream at night to the tight area of the foreskin every night for up to 3 months, and then reduce the frequency of application to alternate nights for 2 weeks, then twice a week for 2 weeks before stopping treatment. It is important to gently pull the skin back before applying the cream to the tight area of the skin as shown in the diagrams below, appearances of the skin will vary, but typically similar to one of the diagrams below.

Diagram A

In diagram A the inner layer of the foreskin pouts out like a flower as the skin is stretched, you do not need to put the cream on this area which is soft and pink.

Apply
cream →
here

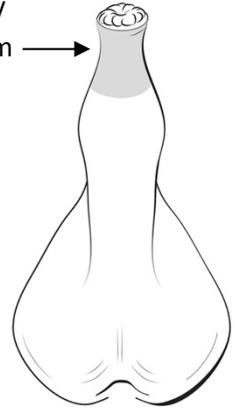


Diagram B

In diagram B there may be some slight whitening of the edge of the skin as it is stretched, rather than pouting. The cream should be applied up to and including the white edge, but try to avoid putting cream on the exposed area of the head of the penis.

Apply
cream →
here

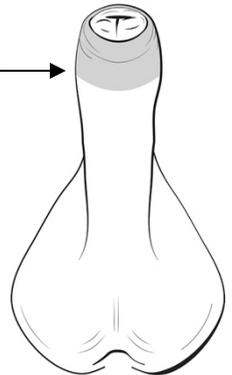
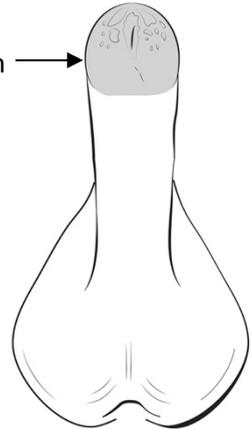


Diagram C

In diagram C there may be barely any visible opening in the skin which may be thick, scarred, and white. The cream should be applied to the white skin and surrounding area as shown in the diagram.

Apply
cream
here



Is it safe to use the steroid cream?

It is safe to use the cream in a thin layer for a limited time period; this has been confirmed in many studies in children.

After treatment

The skin may become tight again once the steroid cream is no longer being used. If this causes symptoms or there is no response to the steroid cream you can request a follow up appointment via the consultant's secretary.

Contact details

Should you require further advice or information please contact:

Urology Department

Royal Preston Hospital: **01772 522443**

Chorley and South Ribble District Hospital: **01257 245696**

Sources of further information

www.baus.org.uk/patients/conditions/13/tight_foreskin_phimosis

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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Division: Surgery

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