



## *Adult and Pediatric Urology*

### **BALANITIS**

Inflammation of the head of the penis and sometimes the foreskin as well. Usually associated with an unretractable foreskin of an uncircumcised male.

#### **Signs and Symptoms**

- Pain, redness, itching, and swelling of the head of the penis.
- Inflammation of the foreskin.
- Enlarged lymph glands in the groin.
- Discharge from the penis or burning upon urination.

#### **Causes**

- Infection from bacteria or fungus.
- Allergy to chemicals in clothing, condoms, or contraceptive creams.
- Tight foreskin.
- Reaction to certain medications.

#### **Risk Factors**

- Poor Hygiene.
- Diabetes.
- Trauma or minor injury to foreskin of penis.
- Sexually transmitted disease.

#### **Treatment**

- Warm water soaks.
- Steroid creams for control inflammation and swelling.
- Topical or oral antibiotics for 1-2 weeks to fight infection.
- Aspirin, Ibuprofen, or Tylenol for pain.
- Avoid sexual intercourse during treatment.
- Circumcision may be advised if problem recurs

#### **Call our office if:**

- Symptoms worsen or no improvement after 3 days.