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Fill HIM UP

More and more men who feel they don't quite measure up in the penis size department are turning to the field of aesthetic medicine for help. Up until now, surgical intervention was the main go-to option for penile enhancement; however, thanks to recent technological advances, there is now a non-surgical, minimally invasive procedure that increases its size and girth. **DR ERNU DE VILLIERS** discusses penile augmentation via dermal fillers.

The aim of penile augmentation is to achieve a larger, natural-looking and functional penis. As the technology of dermal fillers improves, we are able to provide a longer-lasting and safer penile enlargement via a minimally invasive procedure.

The ideal candidate would be a circumcised adult male of average to large penile size. Being circumcised is not a must, but it must be ensured that none of the dermal filler accumulates in the foreskin, as this has its own unique problems when achieving a very large penile size.

Measuring up

I often get asked what results are to be expected with a

penile augmentation via dermal fillers. First, it is important to understand that there will be no gain in penile length. The penis might look longer in its flaccid state, but it is purely due to the mechanical support provided by the filler.

In short, the dermal filler qualities prevents total deflation of the penis to its minimum size.

The major gain would be in the girth, as the procedure increases the circumference of the penis dramatically (depending on the total volume of the dermal fillers, of course). A maximum of up to 20 cc of dermal filler can safely be placed in the average-sized penis, with the volume limit directly determined by the patients penile size, financial

budget and results required. Areas that can be enhanced include both shaft of the penis and the head of the penis (also known as the glans). Enhancement of both anatomical areas are important to ensure a natural and aesthetically pleasing result.

Cause and effect

Below is a list of potential risks and complications. That said, it must be noted that the risk of possible side-effects mentioned herewith are highly unlikely if the procedure is performed by an experienced and well trained doctor.

Possible risks

- Asymmetrical or 'lumpy' results

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- Infection, both acute and delayed, due to biofilm formation
- An allergic reaction to the dermal filler product
- Granuloma formation
- Intravascular injection with tissue injury
- Bruising and haematoma formation - bruising often happens, but resolves quickly; haematoma formation is seldom a problem and also resolves fairly quickly, without any long-term complications.

A short explanation of the procedure process

Book an appointment with a reputable doctor with proper training in the use of dermal fillers and the penile augmentation procedure.

During your first consultation, your doctor will discuss the penile augmentation procedure with you at length; addressing all of the above points while taking a detailed medical history.

When you and your doctor have agreed that this is a suitable procedure for your needs, they will book your procedure, allowing

some cool-down time for you to make your final informed decision.

The penile augmentation procedure can be done in-office under a local anaesthesia (penile block), or under general anaesthesia in theatre.

The procedure is virtually pain-free with dramatic immediate results

The patient may experience minimal discomfort after the procedure, with some swelling and bruising that should subside within a few days.

The initial results will further improve over the next two weeks, as most dermal fillers have a hydrophilic quality which allows for some extra volume/size increase.

What dermal fillers should be used?

I would suggest that a non-permanent hyaluronic dermal filler with optimal rheological properties be used to ensure optimal results. These fillers are available in 1 cc and 10 cc ampules, and provide a great result.

They also allow for easy enzymatic breakdown should removal of the dermal filler be required.

Contraindications

As with all augmentations, there are a few absolute contraindications:

- Unrealistic expectations
- Local or systemic infections that could lead to a bio-film formation in the filler product
- Allergy or sensitivity to the filler product
- A micro-penis or any other anatomical defect where corrective surgery is indicated
- Uncontrolled systemic disease with immune suppression

Benefits

- An increase in penile girth and glans size
- A potential decrease in glans sensitivity in over-sensitive individuals

Final thought

All and all, it is my humble opinion that penile augmentation via dermal fillers offer a great alternative for more expensive and high-risk surgical procedures.



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