



## Penis Hygiene

- Wash your penis gently with soap-free products daily to avoid irritation.
- If you have a foreskin, gently pull it back to clean underneath and reduce smegma build up. Return the foreskin to its original position afterward.
- Clean your skin around the base of your penis, scrotum, the area between your thighs, and your pubic mound.
- Pat your genitals dry after washing or use a cool setting on a hair dryer if needed. Ensure you dry the area underneath your foreskin before putting on underwear.

## What to avoid

- Perfumed products such as laundry detergent, fabric softener, soaps, shower gel, bubble bath, bath salts, baby wipes and scented toilet paper.
- Using talcum powder, tea tree products or any other products that have not been recommended by your doctor or nurse.
- Too much or very vigorous washing/scrubbing and drying of the genital skin. Washing once a day is usually enough.
- Too much shaving and waxing the genital area. Irritation of the skin can increase the likelihood of some skin infections.

## Foreskin problems

### Paraphimosis

Paraphimosis occurs when the foreskin is trapped behind the head of the penis, leading to pain, swelling, and restricted blood flow. Immediate medical attention is necessary to prevent long-term damage. Applying ice, using lubricant, and attempting to return the foreskin to its normal position are initial steps.

### Balanitis

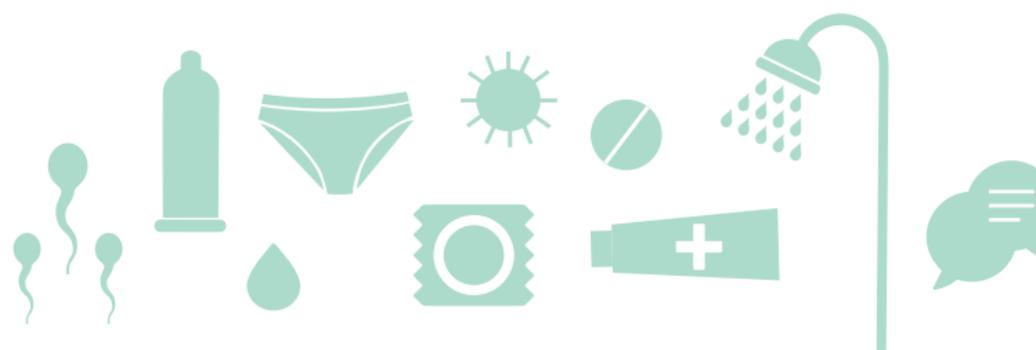
Balanitis is an inflammation of the head of the penis caused by poor hygiene or chemical irritation. Symptoms include inability to retract the foreskin, itchiness, pain, redness, and discharge. Washing with soap-free wash and water and using antibiotics or antifungal creams can help treat balanitis.

### Lichen sclerosus

Lichen sclerosus is a condition where scar tissue forms on the foreskin, which can make it difficult to retract. Seek prompt medical help as lichen sclerosus worsens over time and increases the risk of penis cancer.

### Phimosis

Phimosis is when the foreskin is too tight or narrowed, causing pain, urinary issues, and infections. Treatment options include steroid creams or circumcision if severe.



## Premature Ejaculation

There are many different definitions of premature ejaculation. If you regularly ejaculate sooner than you wish, or with minimal stimulation, and it is a problem for you and your partner, you may have premature ejaculation. Premature ejaculation can be lifelong or acquired. Lifelong premature ejaculation refers to when it is present from someone's first sexual experience. Acquired premature ejaculation develops after previously having a longer, satisfactory time to ejaculate.

### Causes of premature ejaculation

The cause of premature ejaculation is not the same for everyone. Some people may have:

- Genetic causes related to the molecules that signal between nerves.
- Psychological causes.
- Other health problems (e.g. abnormal hormone levels) that may contribute to premature ejaculation.

About one in three to one in four people with premature ejaculation also have erectile dysfunction. For options on how to best improve your sexual function, make an appointment with Sexual Health Victoria or see your general practitioner.

### Diagnosis of premature ejaculation

There are no specific tests needed to diagnose premature ejaculation, but your doctor might order some tests so they can be sure of the cause. If you're worried about how quickly you ejaculate during sexual activity, your doctor will ask you some questions to understand your concerns and start to understand the cause or problem.



## Treatment of premature ejaculation

Treatment for premature ejaculation depends on what's causing it. There are a variety of methods that can be used to treat premature ejaculation. Talking with a psychologist, sex therapist or other mental health professional may help. If premature ejaculation is related to erectile dysfunction, treating the erection problem might solve the ejaculation problem.

## What to do about premature ejaculation

You should be reassured that premature ejaculation is very common and there are effective treatments that can help. Your doctor can help you identify the reason for your premature ejaculation and find a suitable treatment, so you should see them if your sexual function is a cause of concern for you.

## Erectile dysfunction

Erectile dysfunction is when you have difficulty getting or keeping an erection, and it causes problems during sexual activity. It is common in people over 45, particularly those with chronic disease or obesity, who smoke, or are inactive. Causes of erectile dysfunction include psychological factors and problems with nerve and blood vessel function that accompany diabetes and cardiovascular disease, and other health problems. If you have erectile dysfunction you should see your general practitioner.



## About us

Sexual Health Victoria is a state-wide independent, for-purpose, all-choice organisation that focuses on reproductive and sexual health care, education and advocacy. We embrace diversity and welcome everyone of all genders, sex, age, cultural background, sexual orientation, religion and ability.



This brochure was developed in collaboration with Healthy Male.



## Contact

### Box Hill

901 Whitehorse Rd  
Box Hill VIC 3128  
T/ 03 9257 0100

### Melbourne

Level 1, 94 Elizabeth St  
Melbourne VIC 3000  
T/ 03 9660 4700

### Our clinics opening hours

Mon – Fri            9am – 5pm  
Sat & Sun            Closed  
Public Holidays Closed

### After-hours

For urgent matters present to your local  
Emergency Department or call 000.

 [facebook.com/sexhealthvic](https://facebook.com/sexhealthvic)

 [linkedin.com/company/sexual-health-victoria](https://linkedin.com/company/sexual-health-victoria)

 [instagram.com/sexualhealthvictoria](https://instagram.com/sexualhealthvictoria)

 [tiktok.com/@shvic.org.au](https://tiktok.com/@shvic.org.au)

[www.shvic.org.au](https://www.shvic.org.au)