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help me out please?

Anonymous (no login)

April 20 2012 at 12:07 PM

Ok im 15 and ive been struggling with my penis for a while now. first of all i retracted my foreskin for the first time when i was about 13. i thought it was normal... ha! id never really taken much care of it before and the foreskin was still attached to the head. since then ive been trying to get it to detach and finally, in february it did. i thought now surely it was fine... turns out it isnt.

When flaccid i can retract foreskin pretty much to the base but the head stoops down. when erect i can get it past the head but no further. it all just collects under it and wont go any further. my frenulum is a little red and there is some kind of white bubble underneath the frenulum, it doesnt hurt at all i dont know what it is :S. do i have a frenulum breve? should i just keep stretching it? (I started stretching a few days ago). Whats the best most effective methods?

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Author	Reply
<p>Paul B. (Login Paul B.)</p>	<p data-bbox="1133 990 1377 1019">April 20 2012, 3:38 PM</p> <p data-bbox="406 990 751 1025">The answer is generic.</p> <p data-bbox="435 1061 1366 1225">Pardon me if this begins to sound repetitive for those reading <i>all</i> the discussions here, but the way to <i>use</i> this resource site is not primarily by asking questions, but by <i>reading</i> as many <i>previous</i> answers as necessary to discover what you need to do - and <i>why</i>. ☺</p> <p data-bbox="435 1258 1370 1550">The <i>vast</i> majority of people who come here are contained in one of two scenarios. The first, is to have a foreskin that had not been retracted before, due to a mixture of not <i>realising</i> that the foreskin should, or could retract in order to expose the <i>glans</i> (note the spelling); the head of the penis, and reluctance to manipulate the foreskin possibly due to unhealthy attitudes picked up from parents or to some degree of discomfort experienced in earlier attempts to retract (and possibly where someone <i>else</i> attempted to demonstrate such retraction).</p> <p data-bbox="435 1583 1382 1843">In this case, not having <i>routinely</i> retracted the foreskin, the frænulum tying the underneath of the foreskin to the glans immediately underneath the urethral meatus or "pee hole", will not have been provoked to grow to an adequate length to facilitate easy retraction, so this <i>will</i> need to be stretched over a <i>long</i> period of time (remember, this normally grows over some <i>years</i>) <i>in addition</i> to stretching the foreskin <i>opening</i> - progressively over a few weeks or months and depending on how tight it is to begin with.</p> <p data-bbox="435 1877 1350 2002">Fellows who come here have generally found instructions on <i>other</i> sites, to "stretch" by pulling the foreskin <i>back</i>, preferably with an erection in order that the penis and glans form a firm "mandrel" against which to effect the stretching. The fact is that it</p>

is *not* sufficiently sturdy to be effective in this manner ("hardness" is *relative* here) and while results *will* be achieved, it will be an *excessively* tedious process.

What we describe here is a more *effective* form of stretching and it *has* been explained over many previous discussion "threads" here. What you *need* to do is first read through *a lot* of these so that you understand what we mean by stretching and so that you can then explain when you refer to having been stretching, whether you have actually *used* our methods.

The second scenario with which people come here, is in regard to a foreskin which *used* to retract, either mostly or completely, but has become irritated and as a result, tightened up to the point that it no longer *will* retract, at least with an erection. While it may be the case that the foreskin was a little tight to begin with and thus a *hybrid* of the two conditions, progressive constriction of the foreskin is conclusive demonstration of some skin *disease* in which case stretching must wait until that disease is brought under control (given that treatment of the skin problem will need to then *continue* in order to facilitate stretching back to full function).

All these matters, including fear of "paraphimosis" *have* been dealt with repeatedly over time. You only need to read and *keep* reading through many *previous* discussions and the answers given, to find the information. This is *not* an unreasonable expectation, it *must* be entertaining in itself to read the stories and in the process, you will see that you are not the only one, *plenty* of others have been in your situation and the vast majority will have sorted themselves out *if only* they put the effort and *persistence* into it.

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am i normal?

Anonymous (no login)

April 20 2012 at 12:36 PM

How far does the penis go into the vagina? how much of the foreskin is forced back?/retracted? is it right to the base of the penis or just behind the glands? thankyou for your time and understanding.

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Author	Reply	
Paul B. (Login Paul B.)	Why does it matter?	April 20 2012, 3:53 PM

You need to *seriously* come up with an answer for this before you proceed.

Presuming you are the same poster as that immediately before this, you are not quite "normal" insofar as you have a tight foreskin and short frænum. As explained, you *need* to stretch both and need to read *heavily* back through here to find the *multiple* explanations we have given of the process of stretching these two areas.

So: How far does the penis go into the vagina? As far as you can, with due comfort to both parties.

How much of the foreskin is forced back or retracted? What makes you think sex involves "forcing" *anything*? I hope you are not in any respect whatsoever modelling your concept of sex, on what is depicted in pornography lest you come up with some *really* foolish ideas (such as not using condoms! 😊) But that is merely *one* stupidity in porn).

Just what makes you think that it is *necessary* for the foreskin to retract for sexual activities? Do you need to retract it to masturbate? Why would you imagine intercourse to be different?

Once you master these questions, you will understand whether it matters just *how far* the foreskin will retract. The fact that you are asking indicates that you *do* want to do some stretching, but there is most certainly no hurry to achieve any particular result. *Do* the reading, and find out!

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Anonymous
(no login)

Re: Why does it matter?

April 21 2012, 5:53 AM

Hmm you've really helped me out there and yes it is the same poster, i decided there were more questions to be asked! Anyway, thank you for your help, i do apologise as i'm just very confused (as ive never had sex before or seen any other sex other than porn). I guess i'm just worried about the frenulum snapping. I read the threads before i posted by the way 😊 they helped but i can't seem to find these stretching exercises/techniques? Thank you for your time.

[Respond to this message](#)

Simon
(no login)

Re: Why does it matter?

April 21 2012, 11:18 AM

Dont apologise, Anonymous, you are absolutely right to ask questions. You are worried about the frenulum snapping. Your frenulum is probably not only short but also slender to the extent you cant see how it wouldnt snap during intercourse? Masturbation is different to intercourse. Masturbation is within ones own control, so it can be done without hurting oneself. Whereas intercourse is with a partner and, with the best will in the

world, if the forces of nature of the two parties together, or of one over the other, is stronger than the short slender frenulum, the frenulum will snap. Accidents do happen and natural caution may hold you back in your own confidence, too. As Paul B says do the reading, and find out, and as and when necessary do seek professional medical advice, and ask them the questions, too, and be very wary if they advise circumcision. Frenuloplasty is a much less invasive procedure if, ultimately, you find it doesnt resolve itself by other means, and it keeps the foreskin intact.

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Anonymous
(no login)

Re: Why does it matter?

April 21 2012, 3:14 PM

Thankyou that's exactly what i mean. I just want to feel confident in my foreskin so i can fully enjoy sex when it happens and not worry about it snapping. I shall read and stretch until I am confident 😊 this is such a good website! thanks, Tim.

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Paul B.
(Login [Paul B.](#))

If you need more exact instructions,

April 22 2012, 4:17 AM

please start by reading even *further* back; the contents of two or three "index" pages. It really is all there in the end.

Asking questions is fine, *as long as* you have done the reading.

I repeatedly warn that *loving* sex is no more vigorous nor uncontrolled than masturbation. Contrary to what you will see in porn, women generally *do not* contribute a great deal of the thrusting (due to the mechanics of the situation; they require more complex and generalised body movements to do so, which are rapidly fatiguing) and are ill-advised to become too vigorous for significant risk of damaging the penis by bending.

There certainly is *some* risk of tearing the frænulum; it has been described here on various occasions, and it will bleed if this happens. This is not however life-threatening (any more than a torn hymen for a young lady, and about as uncommon nowadays) but if anything, that actually provides an opportunity to stretch as it heals, and effect significant loosening in one step - no less desirable than formal surgery.

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Anonymous
(no login)

Re: If you need more exact instructions,

April 23 2012, 12:16 PM

Hmm, i see. You're right, i guess the way sex has been portrayed to me has confused me, thank you for explaining. I don't even think I'm that bad, I can masturbate fine and

nothing hurts. after a few days of stretching it seems to be flexing alot easier than it did and I'm sure in time it will just loosen up ☺ thank you for all the help this is a great website and you guys are doing a great job!

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Simon
(no login)

Re: If you need more exact instructions,

April 23 2012, 1:42 PM

While you maintain that loving sex is no more vigorous or uncontrolled than masturbation, you also say that the penis goes into the vagina as far as you can, with due comfort to both parties.

It is very easy to masturbate comfortably by keeping the frenulum free from uncomfortable tension by keeping the foreskin over (i.e. predominantly covering) the glans. If, as you say, the penis goes into the vagina as far as is comfortable, that, with a short and slender frenulum, is about the length of the glans, i.e. about an inch/inch and half. That is not going to achieve a great deal, so one slowly ventures a little deeper, if one can without it hurting. What happens then? Withdraws a little and carefully ventures forward again. What happens then? You realise that this is nothing like masturbation because your foreskin is retracting which puts the frenulum under tension which up to that point you had been able to protect by not retracting the foreskin. You do your best despite the pain, and end up with a torn frenulum, with either a little or a lot of blood (depending on which blood vessels are torn in the process), or some bruising.

Personally, I would have preferred to have avoided this pain and difficulty and would have preferred not to have then been told by a urologist that circumcision should be considered (he gave no logical explanation; this was in 1984, and was standard shocking and terrifying advice then, and there was no internet to research the issue either). Tearing may indeed provide an opportunity to stretch the frenulum as it heals. Whether this is no less desirable than formal surgery is a personal choice: its certainly cheaper, though perhaps slightly less dignified.

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Paul B.
(Login [Paul B.](#))

You appear not to comprehend

April 23 2012, 10:48 PM

the critical importance of *lubrication* in sexual intercourse.

Had a disappointing (sex) life as a consequence?

[Respond to this message](#)

Simon
(no login)

Re: You appear not to comprehend

April 24 2012, 3:55 PM

Is that artificial or natural lubrication? I cant say thats ever particularly been an issue. You seem not to comprehend the true nature of frenulum breve, although that maybe because the name itself is inadequate for what I understand Tim to be talking about, i.e. given some aspects of your responses. Thank you for asking, though, its certainly been an interesting (sex) life, so far, and one Im happy to share with my family and descendents the benefits of the experience. Have you seen the recently published paper: Dockray, J., Finlayson, A. and Muir, G. H. (2011), Penile frenuloplasty: a simple and effective treatment for frenular pain or scarring. BJU International. doi: 10.1111/j.1464-410X.2011.10678.x? The statistics in there give some illumination: 97% of patients said they would recommend it to a friend. In the sample: 28% had a tight frenulum with no previous splitting or scarring; 49% had acute or chronic frenular tear without macroscopic scarring beyond the tear; 18% had macroscopic scarring (BXO) affecting the frenulum only; 5% had clinical BXO beyond the frenulum. I agree with you fundamental starting point, though, to try to stretch sufficient if possible first.

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Anonymous
(no login)

Re: If you need more exact instructions,

April 24 2012, 12:21 PM

Thanks Simon 😊

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