

Betamethsone Ointment for Phimosis

Family Education Handout

What is Phimosis?

- Phimosis is the inability to retract the foreskin in an uncircumcised male.
- Physiologic phimosis is seen in almost all newborn males and the foreskin naturally begins to loosen as the child gets older. The ability to retract the foreskin can happen at all different times for different children.

Care of the Uncircumcised Penis

- Gentle retraction of the foreskin with diaper changes and bathing should allow for gradual separation of the foreskin to the glans and eventually the foreskin should be able to be retracted to visualize the entire glans (head) of the penis. Forcible retraction that causes bleeding should be avoided.
- As the child becomes older he should be taught to independently retract his foreskin for cleaning and drying of the glans and be able to return the foreskin to its normal position.

Symptomatic Phimosis (Pathologic Phimosis)

- If the foreskin is not retractable and the child experiences any painful urination, urinary tract infections, or infections of the foreskin then treatment options will be discussed.
- Today treatment options have been discussed and the family would like to proceed with **Betamethasone**.

Betamethasone Valerate 0.1% Ointment

- Wash hands before and after application.
- Gently retract the foreskin to reveal the tightest part of the foreskin and apply ointment directly on tight area of foreskin twice a day for 6 weeks.
- The skin should gradually become softer and slowly retract.
- When foreskin starts to retract- make sure to return foreskin to its normal position after applying ointment.

Phone Number

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Find this handout and more at:

<https://www.umassmed.edu/urology/patient-education/pediatric-patient-education/>