



## How to Estimate Your Stretch Penile Length

This is a guide on how to visualise your “stretch penile length”. This is the length that your non-erect penis can be comfortably extended to. Stretch penile length provides a visual estimate as to what length you can expect from your implant surgery when the implant is inflated.

It is important to understand that the implant itself will not extend into the head of the penis (the glans) and whilst it will achieve a “stiff penis” this will differ from a natural erection.

You do not need to measure or record this length; it is purely to give you an idea of what to expect after the procedure.

### Step 1

Place your flat left hand firmly over the area above your penis. You should have a view similar to that shown below and able to see your penis down to its base.

### Step 2

With your right hand retract your foreskin and hold the head of your penis between thumb and forefinger.

### Step 3

Extend your right hand, bringing your penis forwards, away from your body until your penis is fully extended but not uncomfortably so. This is your stretch penile length.

If you have further questions about this or other aspects of your surgery, make a note of them and discuss them with your surgeon at your next consultation.

