

BALANITIS

What is Balanitis?

Balanitis is skin inflammation around the penis head. It can sometimes affect the surrounding foreskin as well.

What are the signs and symptoms?

You may experience the following signs and symptoms:

- Itchiness and redness around the penis head and foreskin
- Pain and redness around the penis head
- Pain and difficulty when retracting foreskin
- Pain when passing urine
- Itch
- Smelly discharge
- Ulcers (rare)
- Swollen lymph nodes or swelling in the groin area

Balanitis can be caused by the following:

Medical/ Skin Conditions	Organisms & Viruses	Other Causes
<ul style="list-style-type: none">• Diabetes• Eczema*• Psoriasis**• Reiter Disease• Zoon Balanitis• Penile Pre-cancer	<ul style="list-style-type: none">• Candidal species (yeast infection)• Genital Herpes• Genital Warts• Trichomonal species• Other bacteria	<ul style="list-style-type: none">• Poor personal hygiene• Irritants (e.g. lubricants, soaps)• Obesity• Long term use of antibiotics• Allergy reaction to latex condoms

Eczema*

Eczema is due to sensitive skin and can affect the genitals. It is made worse by the use of harsh soaps and over-washing. Individuals with latex allergy may find rashes appearing when they use latex condoms.

Psoriasis*

Psoriasis is a skin disease where one can get red patches with silver scales, usually on elbows, knees, back or scalp. It can also affect the penis, causing red patches to appear.

Who should get tested?

You should get tested if you show any signs of infection, including swelling of foreskin or pain

How is Balanitis diagnosed?

- Doctor consultation and genital examination

Can Balanitis be treated?

- Skin scrape and/or skin biopsy (examination of skin tissue) to determine the possible cause of your balanitis

Treatment for balanitis is based on the cause and other underlying medical conditions.

Causes	Treatment
Yeast infection	Anti-fungal cream
Herpes	Anti-viral medication
HPV infection	Condition appropriate treatment
Skin irritation	Anti-inflammatory cream (you are advised to stop using harsh soaps and over-washing)
Other Skin Disorder	Condition appropriate treatment

Important Notes

Prevention of balanitis is based on the cause and other underlying predisposing medical conditions.

Appropriate measures can include:

- Good control of your diabetes status
- Avoiding unnecessary extended antibiotic therapies
- Avoiding the use of harsh soaps
- Avoiding over-washing and scrubbing
- Circumcision (for troublesome recurrent balanitis)

Disclaimer

We have attempted to provide full, accurate and up to date information in this patient information leaflet, based on current medical evidence and opinion. However, information and advice may vary from different sources, and over time. If you have any further questions, see your doctor or healthcare provider.

HIV/STI Recorded Information

6295 2944

HIV/ STI Hotline

1800 – 2521324 (During office hours)

Make an appointment with us

Call the appointment centre at

6239 9648

or email the appointment centre at

apptdsc@nsc.com.sg