ROLE OF PROPHYLACTIC TOPICAL STEROIDS USE IN POST-CIRCUMCISION FOR BALANITS XEROTICA OBLITERANS (BXO) IN THE PREVENTION OF MEATAL STENOSIS – SINGLE CENTER EXPERIENCE
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Aims of the study

- To evaluate the incidence of post-circumcision meatal stenosis in confirmed BXO
- Role of prophylactic topical steroid cream after circumcision to prevent meatal stenosis in BXO
- Surgical management of meatal stenosis in BXO

Methods

- Retrospective review of all medically indicated circumcisions performed between 2012-2017
- Demographics, clinical details, age at circumcision, findings at circumcision, histology of foreskin, use of prophylactic steroids and post-operative meatal stenosis in confirmed BXO were noted and evaluated

Main Results

- 186 circumcisions performed in boys with age range between 4-15 years
- Postoperative prophylactic steroid cream in 44% – surgeon preference
- No meatal stenosis was noted at the time of circumcision in all
- 74 cases (40%) had confirmed histology of BXO
- Median age at circumcision 9 years (6-11)
- Diagnosis of meatal stenosis on clinic examination + uro-flowmetry
- All had prophylactic Betamethasone 0.1% postoperative for 6 weeks
- Timing of meatal stenosis: 8-17 month post circumcision

Conclusions

- Incidence of meatal stenosis amongst confirmed BXO was 9.6%
- Early use of post-circumcision topical steroids did not make any difference in meatal stenosis prevention
- Majority of meatal stenosis required single meatal dilatation