

Penile Enhancement Pre and Post Treatment Instructions

Penile enhancement/augmentation is a procedure which increases girth, and in many cases, pleasure by adding volume (dermal filler) to the penis.

Pre-Treatment

- Please come to your appointment clean shaven.
- If approved by your primary care provider, please discontinue the use of any blood thinning medication 10 days prior to treatment. This will decrease the risk of bleeding and or bruising. This includes:
    - aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve
    - fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc.
    - Alcohol should be avoided 24 hours pre and post injectable treatment, as it is also a blood thinner.
    - You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment). While this is recommended, it is not mandatory, we encourage it to reduce and prevent
    - It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.

Post-Treatment

- You will be sore/tender for 2-5 days post procedure, with lingering tenderness lasting up to 1-2 weeks.
- Lumpiness and unevenness is **EXPECTED** for up to 3 weeks.
- After 24 hours, it is recommended to perform manual stimulation with a form of lubrication such as KY Jelly. Avoid lotions or any scented products as many contain alcohol and may cause discomfort. Mild heat is also recommended.
- After 72 hours it is safe to resume sexual intercourse if the injections sites are fully healed and there is no pain or tenderness. As soon as injection sites are healed, it is recommended to resume your normal sexual activities as stimulation will help any lumps and bumps resolve.

Please call **AND** text the office at 480-336-9034 with any questions or concerns.

Date *

MM/DD/YYYY

Signature *