

## **MALE SEXUAL WELLNESS TREATMENT PRE- AND POST CARE**

### **Pre-Treatment Instructions:**

- Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
  - Certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of blood draw.

### **On the Treatment Day:**

- Blood is drawn and processed.
- Topical numbing cream is applied to injection site(s).
- Additional lidocaine will be injected after topical numbing is attained.
- Injections are placed in 5 areas of the penis.
- Vacuum Pump and its instructions will be provided. It is recommended to use this the same day as the procedure to maximize the effectiveness of the procedure.

### **Post-Treatment Instructions:**

- Mild bruising and irritation may occur. Apply ice to the area if needed.
- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) for 5 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid the following nutritional supplements for 5 days after the procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients.
- Avoid oral corticosteroids for 2 weeks after the procedure.
- Avoid alcohol and cigarettes for 5 days after the procedure.
- Eat a healthy diet and hydrate very well – at least 64 ounces of clean fresh water.
- Use the Vacuum Pump for 10 minutes twice a day to maximize effectiveness of the procedure for 6 weeks. Create negative pressure until you get to the edge of discomfort. Hold pressure for 1 minute and release. Repeat 5-10 times per session. You may substitute sex for this. The goal is to have an erection for at least 10 minutes a day, however that occurs.
- Oftentimes, we will recommend the Z wave and/or Botox to enhance the results even further.