



## CONTACT INFORMATION

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*Monday – Friday 9 am to 4 pm*

- Text all questions, concerns, photos, etc. to your office number. All communication with the provider's team should be completed via secure text. Chats are monitored Monday – Friday 9 am to 4 pm.
- It may take up to 1 business day for replies. Chats are monitored in the order they are received.
- If your chat has not been responded to by 1 business day, please call the office and make sure we received your message.

# MAX<sup>x</sup> MALE ENHANCEMENT

## QUICK REFERENCE SCHEDULE

### Day 0 (day of the procedure):

- Pick up medications from pharmacy (sometimes medications must be ordered, confirm with your pharmacy, our staff does not have inventory of the pharmacy)

### Day 1:

- Start medications
- If a medication is not available, start the medication as soon as it becomes available
- Start rubber band breaks 3 times a day for 30-45 minutes until day 21

### Day 3:

- Complete first wrap change
  - Wrap changes should be completed every 3 days from this point forward until day 21
  - Send photos without the current wrap and after the re-wrap or any other day when some concerns may arise to the secure chat.
- Start applying finger pressure below the glans 3 times a day for 30-60 seconds

### Day 4:

- Start fingertip massaging of the penile shaft 3 times a day
  - Massages should be completed with the barrier on followed by a rubber band break for 30-45 minutes

### Day 22:

- Switch to the simple wrap for 12 hours a day until day 90
  - Stop all ointments/creams
  - Stop usage of the rubber band
  - Send photos bi-weekly with measurements using the paper measuring tape provided until day 90

### Day 30+:

- You may resume sexual intercourse, unless instructed otherwise
  - A prophylactic barrier (condom) and an oil-based lubricant is recommended-micro cuts in the skin could be an entry point for bacteria if you are not completely healed until day 90!

# MAX MALE ENHANCEMENT

## MEDICATION REFERENCE SCHEDULE

### ORAL MEDICATIONS

- **Cephalexin 500 mg** (antibiotic) – take one capsule in the morning and one in the evening for 10 days.
- **Clindamycin 300 mg** (antibiotic) – take one capsule in the morning and one in the evening for 5 days. STOP medication for 10 days. Resume taking one capsule in the morning and one in the evening for an additional 5 days starting on day 15 post procedure.
- **Dexamethasone 4 mg** (steroid) – take 1 tablet in the morning and 1 at bedtime for 4 days. Days 5 through 8, take 1 tablet in the morning for 4 days.
- **Dexamethasone 0.75 mg** (steroid) – starting on day 9 post procedure, take 2 tablets in the morning for 3 days. Then take 1 tablet in the morning for 3 days.

### CREAMS/OINTMENTS

- Applied with each wrap change
  - Nitro-bid ointment
  - Triple Antibiotic ointment
  - Econazole (clotrimazole) cream
  - Betamethasone cream
- Applied nightly to glans (head of penis)
  - Nitro-bid ointment
  - Betamethasone cream

## CYCLE 1 DEXAMETHASONE – 8 DAYS

**DEXAMETHASONE 4 mg - TOTAL TABLETS = 12**

<i>Day</i>	<i>Dose</i>	<i># Of tablets per day</i>	<i>Total mg/day</i>
1	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
2	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
3	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
4	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
5	Take 1 tablet in the AM	1	4 mg
6	Take 1 tablet in the AM	1	4 mg
7	Take 1 tablet in the AM	1	4 mg
8	Take 1 tablet in the AM	1	4 mg

## CYCLE 2 DEXAMETHASONE – 6 DAYS

**DEXAMETHASONE 0.75mg - TOTAL TABLETS = 9**

<i>Day</i>	<i>Dose</i>	<i># Of tablets per day</i>	<i>Total mg/day</i>
9	Take 2 tablets in the AM	2	1.5 mg
10	Take 2 tablets in the AM	2	1.5 mg
11	Take 2 tablets in the AM	2	1.5 mg
12	Take 1 tablet in the AM	1	0.75 mg
13	Take 1 tablet in the AM	1	0.75 mg
14	Take 1 tablet in the AM	1	0.75 mg

**NO MORE DEXAMETHASONE TO BE TAKEN  
UNLESS INSTRUCTED OTHERWISE.**

# PATIENT DAILY TO-DO LIST

**\*Less than optimal results will occur if you do not follow instructions\***

**PHARMACY SHOPPING LIST:** pick up medications and supplies on treatment day.  
*Please review your [PHARMACY SHOPPING LIST](#) for additional information.*

**TAKE PHOTOS – on the rewrap days until day 21, then twice weekly until day 90.**

- Send photos with comments on the rewrap days (without the current wrap and after the rewrap) or any other day when some concerns may arise (before noon) and send on a regular basis to the providers, no exceptions. **This is critical** for follow-up, evaluation, and optimal results.

**MASSAGING & SHAPING PROTOCOL – to do 3 times a day until day 21.**

- *Please review your [MASSAGING & SHAPING PROTOCOL](#) for additional information.*
- **Exercises** must be performed **always with the barriers on**, the barrier is removed (rubber band break) **after the exercises are done.**

**MAIN RE-WRAP PROTOCOL – rewrap every 3-4 days until day 21.**

- *Please review your [MAIN RE-WRAP PROTOCOL](#) for additional information*
- The type of re-wrap you will perform *will be the very same wrap received on the **treatment day** (unless instructed otherwise).*

**SIMPLE RETAINER WRAP PROTOCOL – rewrap daily from day 21 until day 90.**

- *Please review your [MAIN RE-WRAP PROTOCOL](#) for additional information*
- After day 21 and up until day 90 you will place a simple retainer wrap daily.

**BARRIER PROTOCOL.**

- The wide rubber band & half-fold at the base of the penile shaft play a key role in **preventing the migration of filler material** into the pubic or scrotal area. The barrier will be worn until day 21 unless instructed otherwise. Barriers are to be worn 24/7 with the exceptions of the mandatory breaks. Mandatory breaks are critical to prevent the development of skin sores/cuts or ulcers.

**Wide rubber band break**

- Remove the wide rubber band **after** completing your massaging & shaping exercises.
- Remove the wide rubber band for 30-45 minutes and do this every 4-6 hours while awake.
- You can massage the area under the wide rubber band for 1-2 minutes while the rubber band is off.
- After the 30-45-minute break, place the wide rubber band back on.
- Place a thin coat of betamethasone ointment directly under the wrap, where the rubber band places pressure over the skin to help prevent skin sores.

**If the scrotum was treated:**

- You will place some blue pre-wrap around the scrotum for 21 days.
- **If indicated**, you might need to wear an additional silicone ring around the scrotum until day 21.
- The most comfortable ring is the figure 8 scrotal ring (large ring side only). Place this around the scrotum then place betamethasone ointment under the ring, where it touches the skin, then place cotton pads under the ring. The betamethasone and pads will prevent the silicone ring from cutting the skin.

## MEDICATIONS & DIET PROTOCOL.

- Please review your **MEDICATIONS & DIET PROTOCOL** for additional information
- The medications you need to take (or apply) during the duration of the healing protocol are...
  - Cephalexin (or an alternative if allergic to it).
  - Clindamycin (or an alternative if allergic to it).
  - Dexamethasone (or an alternative).
  - Betamethasone
  - Triple antibiotic ointments.
  - Nitro-bid.
  - Lidocaine-prilocaine cream.
  - Econazole cream.

## PAIN & DISCOMFORT PROTOCOL.

- Please review your **PAIN & DISCOMFORT PROTOCOL** for additional information.
- **For general pain & discomfort:**
  - For mild & moderate pain & discomfort
  - Naproxen (Aleve) or Ibuprofen (Advil). Use as prescribed on the medication bottle.
  - For sensitive skin areas
  - Apply betamethasone over the irritated skin areas and lidocaine-prilocaine ointments on sore skin areas 2 x a day.

## HOW TO TREAT SKIN CUTS OR SKIN SORES.

### Skin cuts and sores

- Minor, relatively small skin cuts or sores may occur at the base of the penile shaft after prolonged use of the half-fold and rubber band, or prolonged use of the plastic ring when it is on with high tension. It is remedied by taking a hot shower with soap and water, pat dry, take photos, and placing triple antibiotic ointment with a small amount of lidocaine-prilocaine cream directly on the skin cut or sore. Lastly, place a band-aid to cover. You will need to do this every 24-48 hour after day 7, so your re-wraps will be done more frequently. In addition, you will need to decrease the amount of tension on the half-fold. You can add some gauze or cotton round pads under the plastic rubber band if needed for additional comfort.

### Skin ulcer on penile shaft

- A skin ulcer is a larger and deeper skin cut. Skin ulcers on the penile shaft are rare and are caused by too much inflammation caused by an aggressive reaction to the filler material.
- It is very important to take care of this skin ulcer in a **very specific way**. You are to take a hot shower with soap and water, pat dry, take photos, then place plenty of triple antibiotic ointment (**Mupirocin** if prescribed) **only** on the skin ulcer, then place band-aid, white gauze or non-adherent pad if prescribed to cover it. You will need to do this every 24-48 hour, so your re-wraps will be done more frequently after day 7. It is imperative for the skin ulcer to be moist with lots of triple antibiotic ointment (or mupirocin if prescribed) on it always. If the skin ulcer is not moist, and it is in contact with the air, it could heal too rapidly and not heal well. **You will keep a daily photo follow up.**

## BEDTIME PROTOCOL

- Betamethasone & triple antibiotic ointments – place on until day 21.
  - Place a thin coat over the glans in the morning and **at bedtime**.
- Nitro-bid ointment – place on until day 21.
  - Place over the glans after placing the betamethasone & triple antibiotic **at bedtime only**.
  - Use only a tiny amount of this medication (like a grain of rice).
  - Place betamethasone & triple antibiotic ointments on glans first, then place a very tiny amount of nitro-bid using a cotton-tipped applicator.
    - **Note:** nitro-bid may cause nausea, sweating and lightheadedness. If this occurs, lay down until symptoms subside and notify the Carolina Men's Clinic staff. If you have not yet received this medication, do not worry, and start placing it on when you are able to do so.
- **If you had a Circumcision & Shaft Supplemental treatment, the protocol remains the same. Do not apply Betamethasone and Nitro-Bid close to the circumcision line.**

## WHAT **NOT** TO DO

- **Do not** leave your **barriers off** more than the specified barrier break times, which are 30-45 minutes every 4-6 hours while awake unless instructed otherwise.
- **Do not** sleep on your stomach/belly, try to sleep on your back or side, and pillow between legs if necessary.
- **Do not** consume/drink alcohol while taking your antibiotics.
- **Do not** perform squats or sit-up motions for 30 days.
  - Kneel on one knee if needed as an alternate posture for squatting, and slouch while driving. While sitting at a desk, you can either slouch in your chair or drop a knee and spread the legs while sitting. These altered postures will prevent the penis from pulling inwards, preventing the penis from retracting, and disrupting the wrap.

## MISCELLANEOUS INFORMATION

- This **patient daily to-do list** applies to all patients who have had a penile shaft filler treatment. If you had only a scrotal treatment, only a glans treatment, or only a circumcision treatment, most of this information **does not apply**.
- **You may resume sexual intercourse after day 30 – 35, unless instructed otherwise.**
- **When resuming intercourse**, after day 30, remember that you and your partner will need some time to adjust to the new size, we strongly recommend that you use a generous amount of an **oil-based lubricant** (for example: silicone-based lubricants, baby oil, coconut oil, etc., **not water based**) when having intercourse, this will ease penetration and prevent any discomfort and friction between the surfaces.
- **It is mandatory when resuming sexual intercourse**, to prevent any complications caused from micro-tears or micro-cuts in the skin (that could act as an entry point for bacteria in your body) originated during intercourse, you must use a prophylactic barrier (a **condom**) until day 90, especially if you have an increased risk or positive HIV diagnosis (with or without treatment). Keep in mind with your new size you may need to change your condom size to provide a good comfortable fit, most of our patients require an XL condom size or larger.
- **No alcoholic beverages** should be ingested for the first three weeks of the procedure or while taking antibiotics. Alcohol might interact with the medications.
- This form, and additional paperwork (and videos if available), will provide general information on what you need to do daily after your procedure.
- Please review any written detailed information on certain subjects that are touched upon in this **patient daily to-do list** paperwork, such as **MEDICATIONS & DIET PROTOCOL**, **FREQUENTLY ASKED QUESTIONS**, have been provided.
- While you are at the local pharmacy, review your **PHARMACY SHOPPING LIST** so you can pick up all your prescription and non-prescription items.
- If additional soothing is needed, add lidocaine-prilocaine cream and betamethasone ointment on the tender skin areas. Then eventually, as your last option, use the acetaminophen & codeine #3 if nothing else works, when it becomes available from the pharmacy.
- **Starting immediately, you will take barrier breaks (wide rubber band and stretchy ring breaks** if it applies) every 4-6 hours for 30-45 minutes, **only** while awake.
- **Daily self-evaluation** of pubic, groin, and scrotal areas. Look for signs of filler material migration such as swelling or puffiness in these areas. Some filler is expected to migrate into the pubic & scrotal areas and cause mild to moderate discomfort, however, if swelling is observed, tighten the half-fold (or plastic and stretchy rings) just a small amount. Send photos of the swollen areas and notify the staff via secure chat message at.
- **Take your pain medication when you have pain.** Pain medication is safe to take when taken as directed but can be dangerous if not taken as directed. Do not drive while taking



your pain medication. Please use your pain medications & diet protocol when needed. They are given to provide comfort.

- **Skin discomfort**, you can mix both lidocaine-prilocaine & betamethasone ointment together and place on any areas of discomfort or soreness (ex: glans, pubic region, scrotal area, and penile base). Betamethasone is not to be placed on open cuts or wounds, just intact skin.
- **If you had the glans treated**, it is possible to experience some burning sensation/pain immediately after the treatment and this pain may last a few hours. Most patients get some level of pain, from mild to high, so be prepared. The pain will subside in 2-3 hours. Please take your ibuprofen 800 mg, you may take one tablet every 8 hours. Also, **lidocaine-prilocaine cream & betamethasone ointment** will help some, so place this on the glans liberally.
- **It is mandatory to take updated photos on the rewrap days** and send to the secure chat for evaluation. Remember to add comments on how you are feeling, even if it is '*all feels fine*'. When taking photos, you are to take photos after you remove the wrap (on re-wrap days), so photos of the skin can be evaluated as well. Please include the date of the photo and your name with all submissions.
- **Please keep all communications between 9am to 4pm. In case of an emergency** call and text the office. If contact is not made in a reasonable time, remove your wrap, take a hot shower, and follow your re-wrap protocol. If this does not relieve the problem, then go to the emergency room immediately.
- **Purpose of wrap:** the wrap provides skin protection, helps penile shaping, and prevents movement and loss of filler material into pubic and/or scrotal skin areas. Must be worn as directed. **Do not modify or change this protocol unless the medical staff directs you to do so.**
- **If the penile shaft & glans were treated** the protocol **remains the same**. This **To-Do List** applies to all patients who have had a **penile shaft** treatment. **Glans and/or scrotum filler** treatment protocol only, may differ.
- **Penile erection 'shortening' issues:** after day 35 there are very few patients that could experience a temporary shortening of the penile erect length. If filler material shifted into the pubic area, it may prevent the penis from achieving its full erect length. Even though this is temporary, you can help expedite and remedy this problem by taking one hand to pull the penis and extend it out fully while rotating it in a circular manner. At the same time (while rotating the penis in a circular manner), with the other hand, place a massaging type finger pressure on the pubic area very close to the base of the penis. This will help 'break up' any adhesions or sticking of the new collagen that has formed at the base. Do this several times a day until erect length returns to normal.
- **Shaping issues:** continue aggressive massaging and direct finger pressure to help shape. The collagen will respond but it takes time and effort.

- If irritation from the barriers occurs, you must apply betamethasone ointment all over the track where any barriers place pressure over the skin, then place the barriers in position, and then pad up as much as needed with cotton rounds pads or white gauze for additional comfort.
- If the rubber band moves on top of the wrap, you can add a 1x1" gauze tape on top of it to prevent this motion.

# Max X

## PHARMACY LIST

### PRESCRIPTION ITEMS

#### ORAL MEDICATIONS

- **Cephalexin (antibiotic) - 500 mg #20 (this is alternative if allergic to amoxicillin)**
  - Take one (1) tablet by mouth 2 times per day for 10 days.
- **Clindamycin (antibiotic) - 300 mg #30**
  - Take one (1) capsule by mouth 2 times per day for 5 days; take a break and then resume for 5 additional days on day 15.
- **Dexamethasone 4mg oral tablet (swelling management) #12**
  - Take as directed on the provided schedule on day 1-8, weaning down the dosage progressively.
- **Dexamethasone 0.75mg oral tablet (swelling management) #9**
  - Take as directed on the provided schedule on day 9-14, weaning down the dosage progressively.

#### CREAMS/OINTMENTS

- **Econazole Nitrate 1% external cream (antifungal)**
  - This medication will prevent the development of fungal infections.
  - Apply topically to affected area 2 times per day for 2 weeks
- **Betamethasone ointment (topical steroid)**
  - Use a thin coat all around the track where the barriers (wide rubber band, stretchy ring...) touch the skin, or on any irritated or itchy skin areas.
  - You will purchase Cortisone-10 ointment as a back-up supply if run out of it.
- **Nitro-Bid ointment (to increase the blood flow)\*\*\***
  - Only used on the glans (head of penis), at bedtime, and on both sides of the shaft during rewraps.
  - Use **very tiny** amounts... just a little on the cotton-tipped applicator (*like a grain of rice*) every day at bedtime for 21 days.
  - Place betamethasone and triple antibiotics ointments on the glans first, then place the nitro-bid and spread around evenly.
  - If too much of this medication is placed on, it will cause *lightheadedness, sweating, and/or palpitations*.
  - **Warning: if you are taking erectile dysfunction medications such as Cialis, Viagra, or Levitra, stop taking while on Nitro-Bid.**

## **AS NEEDED MEDICATIONS**

- **Ibuprofen 800 mg tablet (discomfort/moderate pain) *as needed***
  - Take 1 tablet by mouth every 8 hours as needed for pain.
  - Do not take this medication with other NSAIDs (naproxen/aleve, aspirin, etc.).
- **Hydroxyzine HCL (itchiness management) 25 mg *if needed***
  - Take 1 tablet by mouth every 6 hours as needed for ***moderate-severe itchiness***.
  - Keep in mind that this medication could cause some drowsiness.
- **Lidocaine - Prilocaine [EMLA cream] (topical pain management) *as needed***
  - Apply a thin coat every 3-4 hours as needed all over the painful areas.

## RECOMMENDED NON-PRESCRIPTION ITEMS

- **Probiotic supplement (*Culturelle, Florastor, or Align*)**
  - Take 1 capsule 30 minute before or 2 hours after taking your antibiotics with empty stomach.
  - This will help with digestive issues caused by the antibiotics restoring the normal bacterial flora.
- **Oatmeal or other foods high in fiber and supplements**
  - Taking medications with high fiber foods will help with digestive issues.
- **Sunflower seeds**
  - Eat ½ cup of shelled unsalted sunflower seeds daily.
  - These foods will help build collagen for optimal results.
- **Oranges & mixed nuts**
  - Eat two whole oranges a day (not orange juice as this contains too much sugar).
  - Eat ½ cup of mixed nuts (not a single variety) a day as an alternative to the sunflower seeds.

## RECOMMENDED NON-PRESCRIPTION ITEMS

- **Naproxen (Aleve)**
  - This is the **preferred medication** for mild to moderate pain.
- **Ibuprofen (Advil)**
  - If you prefer Advil, *you may get this instead of Aleve.*
  - Purchase one small bottle.
- **Triple antibiotic ointment** (some small packets are provided)
  - As an alternative Bacitracin, Neosporin, etc.
  - Purchase one 1-oz tube. Use on glans at bedtime, this can be used on skin cuts if they develop.
- **Large baggie – to fill with ice and water**
  - Use this for pain. Place on for 30 minutes and off for 30-minutes and repeat to ease pain or discomfort.
- **Epsom salt**
  - Purchase one 3-lb bag. This is used **only** if severe skin cuts or sores develop. Place 2 pints of Epsom salt in the hot tub of water and sit hot tub for 45-60 minutes. If you do not have a hot tub you can soak a towel and apply on the affected area every other day for 45-60 minutes. (**only if instructed to do so by the provider**).

# CAROLINA MEN'S CLINIC

## MEDICATIONS & DIET PROTOCOL

### GENERAL COMMENTS

- Please read the paperwork titled **Patient daily to-do list** as well for reference.
- If you are currently on pain medications/narcotics/sedatives, please inform the Carolina Men's Clinic staff so they may cross check these with other prescribed medications.
- It is recommended to **take pain medication at bedtime, such as ibuprofen**. This will help minimize the discomfort at night due to frequent involuntary erections.
- **Please use the cotton-tipped applicator** to apply all creams and ointments (**mandatory with the Nitro-bid**). The cotton-tipped applicator is very helpful to apply medications under the wrap (such as betamethasone and lidocaine-prilocaine cream if needed) located on the penile shaft base or the tight half-fold with high tension.
- **Diabetic patients** – please note that the steroid pills, such as methylprednisolone, or the topical steroid ointments, could increase your blood sugar levels. Notify your endocrinologist if you are prescribed this by a Carolina Men's Clinic physician.
- Please take as directed.
- Your sugar levels could rise, please monitor more frequently and adjust insulin dosage accordingly if needed.
- **Take all medications as prescribed.**

### MEDICATIONS TO PREVENT INFECTION (alternatives will be given if allergic)

**Cephalexin (Keflex)** – is a prescription antibiotic. A 10-day supply prescription is provided.

- **Directions: cephalexin 500 mg:** take one (1) capsule by mouth 2 times per day for 10 days.

**Clindamycin** – is a prescription antibiotic. A 10-day supply prescription is provided.

- **Directions: clindamycin 300 mg:** take one (1) capsule by mouth twice a day for 5 days; take a break and then resume for 5 additional days on day 15. (10 days in total, two (2) 5-day cycles each)

**Econazole Nitrate 1% external cream** – Is an antifungal cream.

- **Directions:** 1 application topically to affected area 2 times per day for 14 days.

**IF YOU ARE TO HAVE ANY INVASIVE MEDICAL, DENTAL OR SURGICAL PROCEDURES WITHIN THE NEXT 90 DAYS, PLEASE LET THE PROVIDER KNOW SO THAT WE CAN GIVE YOU MEDICATIONS BEFORE THAT PROCEDURE.**

## **MEDICATIONS TO PREVENT INFECTIONS (may be prescribed if indicated)**

### **Mupirocin 2 % external ointment**

- Prescription will be provided if you develop a severe skin ulcer
- It is used on **open cuts** or **skin ulcers** to assist in healing.
- **If a severe skin sore/ulcer develops.**
- During your rewrap, and while the wrap is off, observe for any skin sores or skin cuts. If you see a severe skin sore or severe skin cut, take additional photos of this. Then, during your shower and wrap change, wash all with soap and warm water, then pat dry with a clean towel, and then place mupirocin ointment if prescribed on the skin sore. Then place a small band-aid on.
- The cleaning of the skin sore or skin cut will need to be done every 1-2 days. This means that the entire wrap will need to be changed as well.
- It is imperative for any severe skin cut or severe ulcer to always remain moist with mupirocin ointment for optimal healing.

## **MEDICATIONS FOR SWELLING & INFLAMMATION**

**Dexamethasone** is a prescription medication for swelling.

- A 14-day prescription is provided. **TWO (2) DIFFERENT DOSAGES ARE PRESCRIBED. FOLLOW DIRECTIONS FOR ADMINISTRATION.**
- **Directions: Dexamethasone 4mg:** take as directed in the provided schedule on **DAY 1-8.**
- **Directions: Dexamethasone 0.75mg:** take as directed in the provided schedule on **DAY 9-14.**

### **Betamethasone ointment**

- A topical steroid ointment that prevents skin sores, skin ulcers, skin irritation and itchiness.
- Prescription provided.
- This is also used in combination with the nitro-bid on the glans once at bedtime on a daily basis for 21 days and during your rewrap days.
- Betamethasone ointment should only be applied over the irritated skin.
- Do not place betamethasone ointment on top of any wound, open skin ulcer or skin sore.

## **MEDICATIONS FOR PAIN & DISCOMFORT**

### **Ibuprofen (Advil)**

- Ibuprofen (Advil) can be used for mild to moderate pain or discomfort.
- A prescription will be sent for 800 mg ibuprofen that you may take every 8 hours as needed for moderate pain or discomfort. It is recommended to take at night if you are having discomfort with erections during your sleep.

### **Acetaminophen & codeine #3 (on case-by-case basis)**

- Acetaminophen & codeine #3 (Tylenol #3) is a narcotic prescription medication that may be prescribed for severe pain.
- Prescription provided if needed. Take as needed, follow instructions on bottle.
- This medication may cause **constipation**. Take stool softener with this medication.

### **Lidocaine-prilocaine cream (EMLA cream)**

- Lidocaine-prilocaine cream is a topical anesthetic cream used on areas that are causing minor pain and discomfort. Prescription has been provided.
- Place on glans or head of penis, penile shaft, penile base, and scrotal area if there is pain.
- Use every 3-4 hours if needed.



## MEDICATION FOR SKIN SORES & SKIN ULCERS

### If any skin sore or ulcer develops

- **If a skin sore or ulcer develops on the penile shaft, scrotal skin or glans, the area needs to be washed at least once daily with soap & water, then pat dry with a clean towel, take photos, then triple antibiotic ointment is placed on liberally, then a band-aid or cover is placed.**
- If the skin sores are severe, hot Epsom salt baths for 45-60 minutes daily may be advised or every other day in addition to the above.

### Triple antibiotic ointment: this is a topical medication.

- **Triple antibiotic ointment packets** have been provided in your blue to-go bag.
- It is used on **open cuts** or **skin ulcers** to assist in the healing process. If a skin sore/ulcer develops:
- During your rewrap, and while the wrap is off, observe for any skin sores or skin cuts. If you see a skin sore or skin cut, take additional photos of this area. Then, during your shower and wrap change, wash all with soap and water, then pat dry with a clean towel, and then place triple antibiotic ointment on the skin sore. Then place a small band-aid on or a gauze cover. Then continue placing your complete wrap on.
- The cleaning of the skin sore or skin cut will need to be done every 1-2 days. This means that the entire wrap will need to be changed as well.
- It is imperative for any skin cut or ulcer to always remain moist with triple antibiotic ointment for optimal healing.

### Hot Epsom salt baths (or hot towel soaks)

- **Do not take hot Epsom salt baths unless instructed to do so.**
- This Epsom salt helps treat skin sores or skin ulcers.
- If you develop a skin ulcer, you may be instructed to take a hot Epsom salt bath/ soak towel every other day for 45-60 minutes.
- Half-fold and wide rubber bands, or scrotal rings are only removed for 10-15 minutes during the bath, then placed back on, and the bath will continue for another 30-45 minutes.
- You place one quart of Epsom salt in the hot tub of water and enter the hot tub for 45-60 minutes (or one cup of salt in a sink full of hot water and place a towel on the area).
- These salts have healing qualities and can assist in optimal healing of skin sores and ulcers.
- If a cut develops during **the first 10 days after your filler treatment**, you will need to change your wrap daily, and limit your soap and water washing, and triple antibiotic ointment placement on the skin cut areas to once per day.
- If the skin cut or ulcer develops after the first 10 days, you will wash with soap and water **2 times a day**, and follow the instructions mentioned above.

## MEDICATION FOR TENDERNESS OR ITCHY SKIN

### Hydroxyzine: this is an antihistamine medication.

- A prescription was provided the day of the procedure.
- You will take this medication every 6 hours if needed, in case of severe itchiness.
- Please be aware that this medication could cause drowsiness, sleepiness.

### Betamethasone ointment- use as directed

### Lidocaine-prilocaine (EMLA) cream- use as directed

## MEDICATION TO INCREASE CIRCULATION & PROMOTE HEALING

### Nitro-Bid ointment

- This is a vasodilator medication which helps increase blood flow. A prescription was provided.
- When applying this medication, first apply the betamethasone and triple antibiotic ointments over the glans and spread evenly, **then**, with a **cotton-tipped applicator**, apply a tiny amount (**like a grain of rice**) of the nitro-bid onto the glans and spread out evenly. Apply once a day at bedtime for 21 days only.
- During the rewrap days, you will **only** apply it on both sides of the shaft in the same fashion as mentioned above.
- May cause headaches, lightheadedness, dizziness, nausea, and vomiting.
- If you have a reaction with this medication, let the Carolina Men's Clinic staff know and **discontinue** the use immediately until further instructions.
- **Warning: Nitro-bid cannot be taken with erectile dysfunction medications such as Viagra, Cialis, Levitra, or similar medications. The combination may result in extreme low blood pressure drops causing lightheadedness, dizziness, and fainting.**

# DIET

- **To assist in maximal collagen production**, follow protocol and **add** to your diet **cranberry juice, whole oranges (not orange juice) and sunflower seeds or mixed nuts**.

## Sunflower seeds.

- Eat ½ cup of shelled unsalted sunflower seeds daily for 35-40 days. This dietary item will provide micro-nutrients essential to collagen production.

## Cranberry juice.

- Drink four 8-ounce glasses of cranberry juice daily if possible.
- This dietary item will provide nutrients essential to collagen production.
- If you cannot tolerate cranberry juice, substitute with cran-apple, cran-plus or any combination with another fruit.

## Oranges.

- Eat two whole oranges a day, not orange juice, as the latter contains too much sugar.

## Mixed nuts.

- Eat ½ cup of mixed nuts daily for 35-40 days (as a substitute of the sunflower seeds). This dietary item will provide nutrients essential for collagen production.

**If you cannot** eat sunflower seeds and or cranberry juice, then consider the following alternatives:

- **Vitamin c:** ester-c tablets 1000mg / daily.
- **Vitamin b3 or niacin:** niacin tablets 100mg / daily, red meat, peanuts, tuna.
- **Copper:** copper tablets 6mg/daily, sesame seeds, cashews, pumpkin seeds, unsweetened chocolate, enriched cereals, and beef liver.
- **Amino acids:** branched chain amino acid supplement, any meat, fish, chicken, etc.
- **Multi-mineral** supplement.
- **B-complex** supplement, any meat, fish, chicken.
- **Do not eat fast foods** during the first 35-40 days after the treatment.
- **Try not to smoke or vape** at all during the first 35-40 days after the treatment.
- **Do not take any illegal or illicit drugs.**
- \*These may cause removal of the new collagen production. This includes cocaine, amphetamines, or injectable drugs.
- **Do not drink alcohol** until 20 days after your treatment due to potential medication reactions.

# DEXAMETHASONE SCHEDULE

## CYCLE 1 DEXAMETHASONE – 8 DAYS

DEXAMETHASONE 4 mg - TOTAL TABLETS = 12

<i>Day</i>	<i>Dose</i>	<i># Of tablets per day</i>	<i>Total mg/day</i>
1	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
2	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
3	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
4	Take 1 tablet in the AM, and 1 at bedtime	2	8 mg
5	Take 1 tablet in the AM	1	4 mg
6	Take 1 tablet in the AM	1	4 mg
7	Take 1 tablet in the AM	1	4 mg
8	Take 1 tablet in the AM	1	4 mg

## CYCLE 2 DEXAMETHASONE – 6 DAYS

DEXAMETHASONE 0.75mg - TOTAL TABLETS = 9

<i>Day</i>	<i>Dose</i>	<i># Of tablets per day</i>	<i>Total mg/day</i>
9	Take 2 tablets in the AM	2	1.5 mg
10	Take 2 tablets in the AM	2	1.5 mg
11	Take 2 tablets in the AM	2	1.5 mg
12	Take 1 tablet in the AM	1	0.75 mg
13	Take 1 tablet in the AM	1	0.75 mg
14	Take 1 tablet in the AM	1	0.75 mg

NO MORE DEXAMETHASONE TO BE TAKEN  
UNLESS INSTRUCTED OTHERWISE.

# MAIN REWRAP PROTOCOL

## PREPARATION

- Rewrap every 3-4 days until day 21.
- Rewrap sooner if the area is visibly soiled or saturated.
- Review the wrap video made on your phone the day of the procedure.
- The type of rewrap you will perform will be the very same wrap received on the treatment day (unless instructed otherwise).
- Have all the rewrap materials prepared on a counter and sorted in order of placement.
- Take your shower as usual leaving the genital area for last, at the end of your shower remove the current wrap.
- Remove wrap at the end of your shower. The wrap is easier to remove when it has been soaking for 15-20 minutes. Remove each layer/element of the wrap slowly and carefully, especially the gauze tape (the sticky white strips on the bottom and top of the shaft). **Do not** remove the gauze tape if it is too adhered to the skin, you might cause a skin tear.
- Wash all the genital area with soap and water, rinse, pat dry.
- Take photos while the wrap is off, then place complete wrap back on, take photos again, then send all these photos to the Medical staff via the secure chat for evaluation.

## WRAP PLACEMENT – REVIEW WRAP VIDEO DURING PLACEMENT

### Step 1 White gauze tape

- Place two small squares (slightly larger than the size of the toe pads) of the white gauze tape on the penile shaft. Place one on the top surface of the shaft (the dorsal side of the shaft) where it meets the pubic area, and the other on the underside surface (the ventral side of the shaft) right behind the glans.

### Step 2 Toe pad placement

- Place a toe pad (cut in half) on the shaft just under the glans (underside area), and one on the pubic skin on the top or front side area, perform right angle by pulling penis upwards and forming a right angle with pubic area – this will help determine where the toe pad is placed (and the rubber band). The toe pad is placed at the lowest area of the penile shaft base front side. These toe pads will be placed on the white gauze tape (not on the skin directly).

### Step 3 Betamethasone & Nitro-bid placement and triple antibiotic ointment

- Mix all the creams together, remember to only place a rice-size amount of Nitro-bid 2%
- Place a thin layer of creams on both lateral sides of the shaft in the space between both gauze tape strips and then with a cotton tipped applicator spread evenly along the lateral sides of the shaft.

**Note:** if you experience nausea or dizziness after applying the Nitro-bid 2% it means that you are applying too much of the medication.

### Step 4 Sterile white gauze placement

- Place a single layer of sterile white gauze around the entire shaft, going as low as possible and continuing up over the glans (glans should be covered).

- Place a white sterile gauze folded in 4 (in the shape of a square) and placed it underneath the glans and stick it with tape to the white gauze previously placed

#### **Step 5** Pre-wrap placement (light blue or tan)

- Place pre-wrap on the entire penile shaft, going as low as possible and continuing up over the glans (glans should be covered).

#### **Step 6** Stretch gauze placement

- Place stretch gauze on, starting at the penile base, with mild tension, but overlapping considerably (80-90%). Continue placing this gauze until you reach just under the glans. Keep some of the blue pre wrap visible (sticking out) so the brown stretch gauze is not touching the skin of the glans directly (it will irritate otherwise).

#### **Step 7** Pre-wrap placement

- Place 3-4 turns of pre-wrap around the base of the penile shaft. This pre-wrap will go behind/partially on top of the toe pad (this will help cushion the skin because this area is where the half fold and rubber band will be placed).

#### **Step 8** Stretch gauze placement

- Place stretch gauze on top of the 3-4 turns of the blue pre-wrap just placed on at the penile base and continue placing the gauze up to the mid shaft level (70% overlap only).

#### **Step 9** Half-fold at penile base placement

- Place the half-fold at the penile base area with mild-moderate tension. The half-fold must sit behind and partially on the toe pad. This placement is very important. The half-fold should not be directly on the penile shaft but on the pubic skin.

#### **Step 10** Half-fold under the glans placement

- Place the half-fold just under the glans with mild tension (unless you have bulging skin, then use mild moderate tension). Go around only two times. (if a swoop is used, then you will need to go around more than two times (2-4 times).

#### **Step 11** Rubber band placement

- Typically, a #1 (smallest) rubber band is placed on the penile base area. Rubber band placement location is very important. Place the rubber band directly on the half-fold, and place on the lower edge of the half fold, **as close as possible to the pubic area**. So, the rubber band should be placing pressure on the pubic area (top or front side) and penile-scrotal junction area (on the underside).
- Keep in mind that the rubber band may become loose over a few days. Please make sure it has a very snug fit (mild-moderate tension). If getting loose, you can replace it with a new #1 rubber band. If this #1 rubber band still feels loose, then add a small, looped rubber band on top of the #1 rubber band. The looped rubber band should be placed at the bottom of the #1 rubber band (closest to the pubic area).

**NOTE:** IF needed and to prevent any rubber band displacement, you can apply a small 1x1" square of the gauze tape on top of the rubber band. This will prevent any shifting of the position.

# SIMPLE RETAINER WRAP PROTOCOL

## Rewrap daily from day 21 until day 90.

- After day 21 and up until day 90 you will place a simple retainer wrap daily.
- The simple retainer wrap is a simplified version of the wrap you have been placing on the shaft.
- For the simple wrap, you will wrap your shaft with white gauze (sterile), and pre-wrap (may be tan or light blue) with very light tension overlapping 70 – 90%.
- This simple retainer wrap is worn 12 hours a day of your convenience, either during daytime or nighttime.
- The purpose of this simple retainer wrap is to help the collagen that is still forming (about 5% could be produced up until day 90), form correctly and symmetrically.

## PHOTOGRAPHS AND EXERCISES

- Photos are to be taken in the morning of the rewrap days, front and underside, without your wrap, and after rewrapping. Please text these to our staff.
- Please comment on how you are feeling, 'I feel good today' or 'there is pain here...'
- Photos & comments are to be taken for the first 40 days on the rewrap days, then bi-weekly photos with measurements thereafter up until day 90.
- Exercises for the first three days, are in this order:
- Finger pressure on the top underside of the shaft, just under the glans for 30-60 seconds.
- Removal of the rubber band for 30-45 minutes (then place back on).
- These exercises are done 3 times per day unless instructed otherwise.
- After the first three days, and until day 40 your exercises will be, in this order, glans pumping, finger pressure, fingertip massage of the penile shaft for 1-minute, and removal of the rubber band for 30-45 minutes.

## MISCELLANEOUS

- **Change the wrap every 3 days.** After the first week you can change more often, like every 2-3 days, if you wish. You will be given supplies to change the wrap about 12 times. If you run out of materials, you can purchase them at your local pharmacy.
- **Nighttime/Morning erections** can cause discomfort. Be prepared to unravel the wrap for a couple of minutes until the erection subsides and take ibuprofen or naproxen.
- **Take ALL your antibiotics** until finished. Take your **Dexamethasone** tablets following the 14-day schedule. Place **betamethasone ointment** on the glans in the morning and at bedtime. Place **nitro-bid ointment (very small amount – 'rice size')** on the glans after you place the betamethasone, **but only at bedtime** and only for 21 days. If you place too much nitro-bid on you can have headaches, dizziness, and sweats.
- **If the glans pulls inward** and goes under the wrap, readjust the half-fold so the glans is visible.
- **If the wrap ever falls off**, just place half-fold and rubber band on at the base. This will give you 24 hours of time to place a new wrap on.

- **No deep squatting or sit-ups for the first 40 days.** If you need to bend down, go down on one knee, and spread your legs. If you are in a seated position, you can either slouch in the chair, or, if you need to have good posture at your desk, then drop a knee downwards and spread legs apart as you are sitting. These positions will prevent the penis from pulling inwards and sliding under the wrap.
- **No gym for the first week.** 50% intensity at week 2-3. Full work out thereafter but *no deep squats and sit ups until day 40.*



# MASSAGING & SHAPING PROTOCOL

To do 3 times a day until day 21, unless instructed otherwise.

**Exercises** must be performed **always with the barriers on**, and the barrier is removed (rubber band break) **after the exercises are done**.

## Step 1: finger pressure below glans bulge area – helps with shaping.

- Place direct finger pressure on this area. While holding the penile shaft in one hand for support, place direct moderate finger pressure for 30-60 seconds on the area on the underside of the penile shaft just below the head of the penis. This helps prevent a bulge from developing in that area. **(if needed)**: penile curve correction (after day 3).
- You can apply contralateral pressure against any curvature that has developed, hold the position for 15-30 seconds, repeat 3 times a day if needed. **(if needed)**: scrotal massage & shaping (if you had a scrotal enlargement treatment).
- The scrotal massage & shaping is done differently than the penile shaft, not using fingertip massage. You are to grab the scrotal skin with two fingers, begin to lightly pinch then at the same time roll the skin between your two fingers. This motion will help smooth out any imbalances.

## Step 2: fingertip massaging of the penile shaft – helps form a smooth collagen layer.

- This exercise starts on day 4 after your first rewrap.
- Gently massage the penile shaft randomly with your fingertips only for 2 minutes.

## Step 3: barrier break for 30-45 minutes – helps to relax the skin.

- Remove your wide rubber band every 4-6 hours for 30-45 minutes after the exercises have been completed, but no longer than 45 minutes unless instructed to do so.
- ***If you leave the wide rubber band off*** longer than 45 minutes you risk losing filler material.

## Step 4: massage the skin area under a looped rubber band for 1-minute – helps to relax the skin.

- Do not perform finger rolling or finger pressure motions, which is used for shaping only.
- Remember to place the barrier back on after your 45-minute break has concluded.

## Step 5: place the barrier back on.

- **Note: during the first 21 days, your primary barrier will be the wide rubber band and half-fold.** When you are about to place the wide rubber band back on after the 45-minute break, place it as low as possible but always on top of the half-fold.

## Step 6: alternate penis position to the right and left.

- Penis position is placed downwards, slightly to the left or slightly to the right against the leg.

## Step 7: glans pumping – this helps with circulation. (ONLY if instructed to do so)

- Gently grab the glans (or head of the penis) and gently squeeze and hold for 15 seconds until all the '*blood*' is squeezed out, then release and wait 15 seconds for the glans to 'refill'.
- Repeat the process 5-10 times; 3 times a day (morning, afternoon, and evening).

# PAIN & DISCOMFORT PROTOCOL

Pain & discomfort may occur after treatment. The pain threshold could vary significantly between patients and even between procedures. For mild-moderate pain, we recommend using over-the-counter pain medications. You can review the **Alternatives to Opioids: Medications** fact sheet that was provided.

## For general pain & discomfort:

- For mild & moderate pain & discomfort
- Naproxen (Aleve) or ibuprofen (Advil). Use as prescribed on the bottle.
- Ice packs can be helpful for pain and discomfort. Ice packs can be placed 30-minutes on and then 30-minutes off until you have relief from the discomfort.
- For sensitive skin areas
- Apply betamethasone and lidocaine-prilocaine ointments on sensitive skin areas 2 x a day.

## Pain and discomfort caused by erections.

- The most common and simple solution to pain caused by nocturnal erections is to unwind the top of the wrap, up to mid-shaft approximately, for a couple of minutes or until the erection subsides.
- Take an acetaminophen & codeine #3 (Tylenol #3) if discomfort is moderate or severe. This medication may cause nausea and lightheadedness. If this occurs, lay down until symptoms subside and notify the Carolina Men's Clinic staff.
- Consider taking acetaminophen & codeine #3 (Tylenol #3) at bedtime to help you sleep through the erections.
- Note: take two stool softeners with every acetaminophen & codeine #3 (Tylenol #3) pill you take, this will help prevent constipation.

## Penile shaft discomfort & pain

- The penile shaft filler treatment, as well as the scrotal treatment, will not, in most cases, cause any immediate discomfort and/or pain. Even if you were to have discomfort on the same day, or shortly after your procedure, the remedy will be the same. (the instructions below apply to pain and discomfort after scrotal treatments as well).
- Lidocaine-prilocaine cream and betamethasone ointment: these medications are typically used if the skin under the half-fold and rubber band area begins to become irritated. You can place both medications on with a cotton-tipped applicator and slide it under the wrap (temporarily remove the rubber band so the cotton-tipped applicator can get under easily), or if you are at the point to do a re-wrap, then place it on after the wrap is off.
- Acetaminophen & codeine #3 (or alternative if allergic): will be prescribed as needed for moderate or severe pain unresolved by OTC pain medication. Take 1 tablet every 4-6 hours in case of severe/intense pain. **Do not exceed 6 tablets in 24-hours**, do not drive while on this medication as it may cause drowsiness.

# FREQUENTLY ASKED QUESTIONS

**Question:** what should I do if I am not getting a reply to my follow up questions in a timely manner?

- **Answer:** Please call the office and the secretaries will assist you to bring this to our attention.

**Question:** when can I have sex?

- **Answer: No sex for 30-35 days after your procedure.** This includes vaginal, anal, oral, and/or masturbation. If sex occurs before the 30-35 day set date mark, there is an increased risk of undesirable penile shaping due to shifting of the filler material. To further prevent any complications, after day 35 when you resume intercourse and until day 90, we recommend the use of a prophylactic barrier (condom) and a generous amount of an oil-based lubricant. Micro-cuts in the skin could be an entry point for bacteria if you are not completely healed.

**Question:** is there anything special I should be doing before having sex?

- **Answer:** Yes. Since you are 'bigger' after the procedure you must use a generous amount of an oil-based lubricant (silicone-based lubricants preferably, baby oil, coconut oil for example, NOT water-based) during intercourse to prevent the dragging of the surfaces (the skin), that could cause skin micro-tears or cuts.

**Question:** what do I do if the glans (the head of the penis) submerges under the wrap?

- **Answer:** Remove the half-fold underneath the glans, then fold down the bandage and attempt to pull the glans out. After the glans is out of the bandage, place the half-fold back on with mild-moderate tension.

**Question:** when can I work-out or go to the gym?

- **Answer:** It is mandatory to wait 21 days for an intense workout. On day 7 you can start a light (50% intensity) lower and upper body work out. A week after, on day 14, you could resume upper and lower body full activity, but still **no deep squatting** or **abdominal crunches until day 40**. Understand that more activity while the bandages are on, causes skin irritation and more pain and discomfort.

**Question:** when will I see the results of the Treatment?

- **Answer: Days 35 - 40 after treatment**, then the size you see should remain constant/stable.

**Question:** what if the wrap gets wet with urine?

- **Answer:** Try to wash with soap and water then blow dry, or re-wrap if necessary (but only after day 3 of procedure if extremely needed, not earlier).

**Question:** what if I see some bleeding, what do I do?

- **Answer:** some spot bleeding in the bandage is normal. Include that in your regular photos for evaluation.

**Question:** what if I have pain in the pubic and/or scrotal (testicular) areas?

- **Answer:** Some swelling, or tenderness is normal during the first couple of days post-procedure. Place ice on pubic/scrotal area for 15-20 minutes every hour.

**Question:** what if I have swelling in the pubic and/or scrotal areas?

- **Answer:** If you experience even minor swelling in the pubic and or scrotal areas, you will need to increase the tension on the half-fold at the base of the penile shaft. This is done by first removing the rubber band, then removing the half-fold, then placing it back on with higher tension.

**Question:** what if I see blisters on my glans (the head of penis) or shaft skin?

- **Answer:** This is expected, do not attempt to pop the blisters. Keep them covered with triple antibiotics until they pop by themselves.

**Question:** what can I do if my glans is very sensitive or begins to hurt?

- **Answer:** Apply lidocaine-prilocaine (EMLA) cream every 3-4 hours as needed. Also cover the glans with white gauze to protect it from rubbing on your clothes causing pain/discomfort.

**Question:** if I see some cuts on the skin at the base of the penis, what do I do?

- **Answer:** Always maintain the area moist with triple antibiotic ointment and covered, you can also add lidocaine-prilocaine (EMLA) cream to help with discomfort or pain.

**Question:** I ran out of medication; do I need more?

- **Answer: No**, unless instructed otherwise by a Carolina Men's Clinic physician, assuming that you took all the medications as prescribed.

**Question:** what if the wrap becomes wet in the shower, what do I do?

- **Answer:** Pat it dry or use a blow dryer from a safe distance to dry the wrap, avoid coming too close to the wrap or you may burn yourself.

**Question:** is it dangerous if some of the filler material goes into the pubic or scrotal area?

- **Answer:** No, but the area may become tender for a few days or even weeks.

**Question:** what if my groin lymph nodes are sore or begin to hurt?

- **Answer:** Call the office and send updated photos to the group message.

**Question:** after the wrap is removed after 21 days what can I expect?

- Is it normal to see irritated skin? **Answer: Yes**
- Is it normal to see some changes in the skin coloration? **Answer: Yes**
- Is the size I see the girth increase result? **Answer: Yes**
- If there is asymmetry or imbalances in the penile shaft, what do I do? **Answer:** Follow shaping & sculpting protocol. Several times a day for several minutes to adjust any asymmetry.
- Why do I need to use the simple retainer wrap for 90-days? **Answer:** To assist the collagen that is still forming, form correctly and symmetrically (about 5% of collagen could be produced up until day 90).

**Question:** when can I have another male enhancement treatment done?

- **Answer: 5 weeks** after your first treatment (**35 days**), or any time later.

**Question:** what if I have erections at night and there is discomfort?

- **Answer:** If you have erections at nighttime during sleep and there is discomfort, it is recommended to take pain medication at bedtime to decrease the discomfort from the erection and the additional swelling it may cause. You can also place some ice packs over the genital area. Erections are beneficial by increasing blood flow into the penis and assist in healing and may help shape the penile shaft.

**Question:** what if I have fever & chills?

- **Answer:** During the first 24-72 hours you may experience fever and chills (which is normal). This is due to your body reacting with the filler medication that was injected into the penis. **This is not an infection**; it is not dangerous, and it will subside.

**Question:** what if I have swelling of the penile shaft?

- **Answer:** Swelling is normal and may take up to 21 days to fully resolve. Your penile shaft skin, mainly the thin skin located just under the glans (the head of the penis), may accumulate water, fluid and swell up – this is normal. Aggressive massaging may be needed to shrink this down for contouring and shaping reasons. Use finger pressure for 20-30 seconds several times a day for small bulging areas. If this swelling occurs, your glans may submerge under the swollen skin and not be visible. If the glans submerges, try to ‘*pull out*’ the glans and tape it, using paper tape, in an attempt to keep it out. Swelling of the skin may find a ‘*weak spot*’ in the bandage and ‘*bulge out*’. As soon as a skin bulge occurs, you will first gently and with even pressure squeeze it with your fingertips for 30-60 seconds (or longer if needed), then place the stretch gauze (the half-fold) around it with mild tension to prevent it from bulging out again. You will then as instructed adjust the half-fold brown gauze at the top to cover the bulge and use mild-moderate tension (not very high tension).

**Question:** what if I have urine ‘*leaking*’?

- **Answer:** Since the bandage is placing pressure on the penis, the urethra and urinary bladder will not always empty after urination. This may cause ‘*leaking*’ or dripping into your underwear during the day. It is recommended to place tissue paper or white gauze over the glans if you leak urine. You may also sit to urinate to avoid spraying.

**Question:** what if I have pain?

- **Answer:** ***Pain in the penile shaft:*** some pain and discomfort may occur, especially at the base of the bandage area. If there is intolerable pain at the base area, you can apply ice, take the 15–30-minute rubber band breaks every 3-4 hours instead of every 4-6 hours **only if** instructed to do so, and insert cotton padding (with lidocaine cream and betamethasone ointment) under the tight rubber band directly on the skin. ***Pain in the glans (head of the penis):*** some pain and discomfort will usually occur at the glans. This is usually due to the gauze, latex, or rubber band (if glans was treated) putting pressure on the skin of the penis, with the addition of some swelling as well. Apply the lidocaine-prilocaine (EMLA) cream & betamethasone ointment 3-4 times daily if necessary. ***Pain in the groin or any area other than the penis:*** if pain occurs in any place other than the penis – including shaft or glans- please ***call the doctor.***

**Question:** what clothing should I be wearing?

- **Answer:** Placing cotton underwear is helpful. General clothing such as jeans or pants, wear loose fitting clothes to help prevent excessive pressure to be placed on the shaft.

**Question:** what posture is best in general, during commute, work, and during sleep?

- **Answer:** **Do not squat down.** This motion will cause the penis to pull inwards and disrupt the bandage. If you need to bend down to pick up your child or tie your shoes, etc., you can bend down on one knee temporarily. By bending on one knee will help prevent the pelvis from rotating completely and pulling the penis inwards. When sitting at your desk or in your car, lean back a bit, or *slouch*, this will prevent the penis from pulling inwards. **Do not sleep on your stomach,** this will place too much pressure on the bandage. Please sleep on your back or on your side. If sleeping on your side, you may want to place 1-2 pillows between your legs to help prevent rolling over onto your stomach.

**Question:** what is considered and not considered an emergency?

- **Answer:** Glans and shaft bruising and/or blisters are normal. Mild pain, and at times moderate pain, may occur. ***This is normal.***
- Mild to moderate swelling usually will occur. ***This is normal.***
- Some spot bleeding may occur and you will notice this in the bandage. ***This is normal.***
- If the glans has some bluish color that is ok. However, if you have excessive pain or swelling, or moderate to severe bleeding/drainage that has soaked the bandage... **This is an emergency.**
- In case of an emergency call the Carolina Men's Clinic staff, if there is a delay in contacting us, remove the entire wrap, take a hot shower, then follow the rewrap protocol. **Call 911 or go to the nearest emergency room only if you are in excessive pain and/or drainage has not been resolved by re-wrapping.**
- If the rubber band at the base of the shaft moves or shifts position during the day, you can add a small 1x1" square gauze tape on top of it to prevent this displacement. Keep in mind that the rubber band must always be as low as possible close to the pubic area itself, but always on top of the bottom half-fold. We must prevent any shifting of the position, either behind the wrap or forward towards the mid-shaft.

# POSTURE GUIDELINES

## What you must know.

- After the male enhancement procedure is performed you will have a wrap placed immediately afterwards.
- The wrap will need to be changed every 3-4 days up until day 21.
- The natural high retraction of the shaft into the pubic area will always try to pull the glans inwards, submerging the glans under the wrap in the process.
- This natural high retraction, alongside with the rotation of the pelvis, are the most important causes of disruption of the wrap.
- To prevent the rotation of the pelvis, here are some useful tips.

## Postural guidelines to prevent the disruption of the wrap.

- **Try to 'slouch' back**
  - The 'slouch back' position is the most helpful postural position of the body that will prevent the retraction of the shaft and the rotation of the pelvis.
  - As a rule of thumb, when sitting at work, relaxing at home, or driving your car, always try to place the pelvis forward in relation to the shoulders.
  - This position will almost guarantee that the pelvis will not rotate pulling the glans inwards.



- **Can I sit straight in a chair?**

- Same principles apply when you are sitting in a straight chair or one that can recline.
- When the chair you're sitting on does not allow you to tilt it, you can reposition the main axis of your body to accommodate your needs.
- You can also test what is the best position for your body and evaluate the limits of how straight the position can be before disrupting the wrap.



- **Picking something up from the floor**

- Getting used to the wrap could be a challenging task at first when trying to perform common activities, like picking up something from the floor.
- Even though at first you might think this will surely cause a disruption of the wrap there are some ways to perform such a task without much of a hassle.
- When picking up something from the floor just drop on one knee first, ideally your stronger leg should be the one supporting most of your body weight.
- Once you reach the desired height, or once you reach the floor level, slide forward to stretch the hip into extension.



- **What can I do when I am working?**

- Being at the workplace might be intimidating at first, but once you get comfortable with your limits, everything should be quite easy for you.
- If you have the means to do so, you can get a specially designed chair for this kind of situation.
- Available in the market you can find the ones that provide a supine reclined mode, and the unconventional kneeling rocking chair (or forward tilted seat).
- If those options are not available, a good extra lumbar support should be more than enough.