

PENILE VACUUM THERAPY

This type of treatment is a simple and non invasive method of producing not only a quality erection but also in helping to maintain healthy blood flow and to assist in the healing and rehabilitation process post operatively following urological surgery.

Vacuum Pump Usage Guide

- Urinate prior to and after pump usage.
- Only use non petroleum based gel as this will not cause damage to the tension rings.
- Trim the pubic hair around the base of the penis so that the seal is easier to achieve.
- It is recommended that you warm your body, penis and scrotal area by either having a shower or a bath or alternatively using a warmed heat pack, before using the pump; this will assist the blood vessels to open quickly and will also allow a greater degree of relaxation in the surrounding tissues.
- Liberally apply gel to the inside of the base of the pump, the penis itself and to the rim of the plastic cylinder to ensure a good seal is achieved and skin does not get caught on the cylinder during inflation resulting in pinching.
- Twist the cylinder back and forth once in place to assist in the creation of an air-tight seal.

- You should try to achieve an erection standing up (this aids in blood flow) however it can be done in a sitting or reclined position if you would rather.
- Pump slowly to create a vacuum – 2 or 3 pumps then wait for 10 seconds for the blood to flow, then pump another 2-3 times. You should continue this stop/start process until a full erection is achieved.
- If you feel some discomfort whilst using the pump, stop momentarily until the discomfort subsides then continue. However if the discomfort persists stop pumping and release the tension.
- Remember to wipe any excess lubricant from around the testicles which will help to prevent accidental drawing in of this tissue (which could result in scrotal bruising or damage) whilst trying to achieve a vacuum seal.
- Continue to practice using the vacuum pump 3 times per week until you are easily able to attain an erection with little discomfort – you are then ready to try the tension rings. Remember only use tension rings if using this device for intercourse.
- Begin by using a large size ring first. If this does not easily hold your erection then try the next size tension ring down. Continue to experiment in this way until you find the least constrictive ring that is able to maintain your erection (lubricate tension ring prior to using, this will allow greater ease in removal).
- Following intercourse (within 30 minutes) remove the tension ring from the penis by rolling it off. The penis will become flaccid again once the ring is removed.

RECCOMENDED SCHEDULE FOR PENILE REHABILITATION PURPOSES

Using the vacuum therapy device for 1 session every second day will help to maintain penile length, assist in the dilation of arteries, oxygenation of penile tissues and nerve stimulation. You do not need to use the tension rings if only using the device for rehabilitation purposes. The negative pressures generated will gradually draw blood into the tissues leading to an erection. When you have reached an erection that is comfortable for you to maintain count to 20-30 then release the pressure. After the penis has decreased in fullness, repeat the process again. One session equals bringing the penis to an erection at least 3 times.

CLEANING OF THE VACUUM PUMP

Most units will vary with their washing instructions in relation to how they come apart but all removable pieces can be washed in ordinary bath or shower soap/gel (non-abrasive) or dishwashing liquid. Rinse all items thoroughly once clean and wipe dry or leave to air dry.

WARNINGS

- Do not wear the tension rings for more than 30 minutes at a time.
- Do not fall asleep with the tension ring in place.
- If using the tension ring becomes painful or produces extreme coolness, bruising or discolouration of the penis, remove the ring immediately and consult medical advice.
- If you are taking blood thinners you must pump slowly to decrease the likelihood of inducing a spontaneous bleed.

POINTS TO NOTE

- Your penis may feel a little cool and appear slightly bluish in colour if using tension rings. This is normal as the tension ring slows blood flow to the area.
- Due to firmness being maintained at the front of the tension ring, the base of the penis may pivot slightly. This should not interfere with your ability to achieve penetration.
- If the penis appears discoloured (if no tension ring used) or slightly bruised following use, allow the tissues to recover fully (possibly 2-3 days) before using the system again.
- Some degree of manual dexterity is required to use this device.
- Remember it is the pump which creates the vacuum and the vacuum which creates the erection – therefore don't be tempted to over pump, take your time.
- Erection times will occur faster with practice of the vacuum method and training of the penile tissues.

Do not use the Vacuum Pump if you have any of the following conditions:

- A History of Priapism.
- Leukemia
- Bleeding Disorders
- You are on anti-coagulants
- You have Spinal Cord Tumours
- Previous history of Penile Injury
- Sickle Cell Anaemia



- Penile Tumour
- Alcohol and drug use is not advised when using the vacuum pump system

Problem	Likely Cause	Remedy
No Erection	No vacuum because of air leak due to inadequate seal	Use more lubricant; apply more pressure towards the body; trim excess pubic hair; check device for air leaks.
Delayed loss of erection	Insufficient tension in ring/s	Use a smaller ring size or a combination of rings.
Pulling of the scrotum skin	Lubricant left on scrotum, improper pumping technique	Remove any lubricant from the scrotum, angle cylinder downwards during pumping to increase contact with skin.
Discomfort during pumping	Too rapid pumping action, pulling of scrotum skin	Slow pump action down
Discomfort from tension ring	Tension ring too small, anxiety	Use a larger tension ring
Discomfort during intercourse	Inadequate lubrication, pressure on sensitive area	More lubrication, position changes
Redness, irritation or bruising	Too rapid pumping, over pumping	Slow pump action, fewer attempts during the week