

Men's Sexual Wellbeing

Erectile dysfunction

You are normal! 40% of men over 40 years old suffer from ED. Our consultation will consist of helping to clarify options that are at your disposition. We will also discuss causes of erectile dysfunction such as low testosterone levels, diabetes and cardiovascular diseases.

How does it work?

The **P-shot** is the injection of Platelet rich plasma (PRP) into the corpus cavernosum. PRP is made by taking a small quantity of your blood and centrifuging it. It will concentrate growth factors that will be injected to the tissues of your penis, enhancing repair of collagen and building new blood vessels. It will maximize results from using the pump and shockwave therapy.

Using the **pump** will retrain your penis to accept a large quantity of blood in the corpus cavernosum. It will stretch the corpus cavernosum and create an erection. By analogy only, it is like weights for your penis. Of note, although the use of the **pump with the P-shot** may produce a slight improvement of girth or length, it would be marginal (minimal).

Shockwave therapy is the use of sound waves to create microscopic traumas that will stimulate regeneration, thus enhancing collagen production in the corpus cavernosum, building up new blood vessels and possibly removing calcification in the major penile artery when blocked.

Penile botox is the injection of 25 units of botox on each side of the penis to stimulate production of new blood vessels in the corpus cavernosum.

Scrotox is the injection of 50 to 200 units of BOTOX → in the dartos (muscle of the scrotum). By Scrotal relaxation, It can:

- Cosmetic (Aesthetic) enhancement by slightly increasing the length of the penis in its relaxed state (not erect)
- Relax Hyperdynamic, hyperactive scrotum and thus decrease painful contraction of the scrotum for those who feel it when aroused or cold.

Penis enlargement

Most men would like to have a longer and thicker penis, even the ones who were blessed by nature. Using a cannula for your safety, the girth of your penis can be increased very significantly by injecting a dermal filler. It usually lasts 2 years or longer, especially when regular maintenance is done.

Of note, increase in length is unachievable with or without surgery, but what really matters is girth. A vagina is just about 3-4 inches in length...

Pre Post Care Instructions

We use a strong topical anaesthetic cream to give you maximum comfort. Please note that the cream is very powerful and it will numb your lips and tongue if in contact. If it touches your eyes, please rinse with continuous water and advise staff. Some people will also get a chemical peel from the cream. Usually on the glans (tip). In that case, it will be swollen for a few days and you may even see a few bubbles on your skin. Please use polysporin ointment and vaseline or aquaphor to reduce discomfort if any.

Although extremely rare, if any signs of infection call us or go to the nearest ER (fever, pus, warm and tender skin that is reddish).

In order for us to order the pump that comes with the P-Shot, or if you would like more accuracy to predict your girth outcome with dermal fillers: take measurements and provide to staff before your procedure. See last page for instructions

Penis enlargement with filler

There are no specific requirements but to come clean and if possible shaved. If possible, do not use NSAIDS to reduce the risk of bruising. To have an idea of how much girth you could get with 10 ml of fillers, we can show you a chart that calculates it based on your length and girth. We can use HA fillers or Radiesse. Radiesse will usually last longer and give more thickness, but there is often some inflammation for 1-2 weeks and occasionally you could get a lump.

After your treatment, some mild bruising is normal. Slight unevenness is also normal, that's why we usually see you again 2 weeks after the procedure in order to inject the rest of your filler. Do not use a pump for at least a month after. You can resume gentle intercourse, if you see no inflammation, 5 days after the procedure. The filler will be fully stable after 2 WEEKS. Enjoy!

P-SHOT

The P-Shot procedure begins with a simple blood draw. After topical anaesthetic cream numbing, the practitioner will inject the Platelet Rich Plasma (PRP) in the corpus cavernosum. We recommend 1 to 3 treatments 3-4 weeks apart. Penile pump included with your first P-Shot treatment.

Pre Treatment Instructions

- 1 week prior to the treatment STOP all NSAIDS NSAIDS (advil, ibuprofen, motrin, celebrex, naproxen, imovo, etc.)

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668 or email info@inovomedical.ca

Post Treatment Instructions

- Sexual activity can be resumed immediately after treatment as no downtime is required for the P-Shot.
- Resume taking blood thinners as advised by your treating physician (usually the day after the procedure)
- Do NOT take any anti-inflammatory drugs for at least 6 weeks after your procedure.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort after the treatment.
- Should you develop any bruising, the application of cold packs within the first 48 hours followed by heat can aid resolution.

Shockwave Therapy

Although not absolutely necessary, we apply a topical anaesthetic 30 min prior. We deliver a higher number of shocks on more sites than traditional shockwave therapies 9000 vs 3000. We recommend a series of 6 to 12 treatments. Treatments are done weekly. They are painless.

Penile BOTOX → for ED

There is nothing specific to do. We will give you a lasso that you will keep for 30 minutes after your treatment. You can reuse it for sex. It's great, it keeps the blood inside of our penis, keeping it big. You can resume sexual activities the same day.

Frequency: every 3 months if still needed. Because the mechanism is not paralysis but growth of new vessels, you may not need many treatments

Scrotex

You can resume sexual activities the next day

Frequency: every 3 to 6 months, ideally come on a regular basis to keep the Dartos weak.

Penile Pump Instructions

- Shave hair and use oil to help with gliding and prevent loss of pressure. You may see a little bit of blood if used the day of the procedure. It is normal.
- Place the plastic tube over your penis.
- Use the hand pump attached to the tube to create a vacuum inside the tube and pull blood into the penis. (no more than 10mmHg) The barometer may get inexact, therefore, if it hurts, stop immediately).
- Use it for 5 minutes twice daily. You can wait 5 minutes or more between the 2 sessions

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Penis Measurements for Cylinder and Pumps (Only for patients on initial P-shot & purchasing)

This video provides instructions: <https://www.youtube.com/watch?v=CN-1Ef9dRMw>

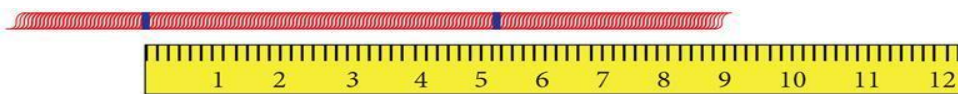
Accurate measurements of your penis will allow us to determine which cylinder size is best suited for you. We recommend the following steps to most accurately obtain your measurements. Please keep in mind that we only supply 1 cylinder and pump. We cannot be held responsible for inaccurate fittings based on the measurements you provide, and therefore do not exchange cylinders that don't fit i.e. too small/too large. We don't guarantee the pump cylinder, or give any warranties with these products.

Step 1: Find largest circumference measurement (Base or Shaft) with ERECT penis. Wrap a tape measure around the base of your penis while erect. If you do not have a tape measure, use a string to wrap around your penis and mark with a pen where the string intersects.



Step 2:

Take the string off of your penis. Line it up next to a ruler and mark the measurement in inches. This is your circumference measurement.

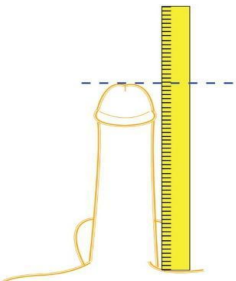


Step 3: Find your erect penis length

Our standard cylinders are 9" in length. In order to make sure you have room to grow, we need your erect penis length. Take a ruler, and line it up against your erect penis. Push the ruler a little bit against your pubic bone.

LENGTH:

WIDEST CIRCUMFERENCE:



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