

PENILE PROSTHESIS

POST OP CYCLING INSTRUCTIONS

Starting 2-3 Weeks after your surgery (typically at your post operative visit) you may start cycling your device with the cycling instructions below

- You may experience some pain ~ control with over the counter or prescribed medication.
- If the incisions have opened or aren't healed, contact Dr. Bream before cycling.
- Regularly cycling your implant can increase your familiarity with its function and make cycling the device easier and more comfortable long-term. Expanding the cylinders may also help you preserve the length and girth to the penis and get the most out of your prosthesis.
- All pumping is to be done manually, with your hands or your partner's only. Pliers or other garage tools do not belong anywhere near your genitals. (Should go without saying, but you'd be surprised what men will do to "fix a problem"...) Contact Dr. Bream office with any troubles cycling the device.

1st week of cycling – Inflate the device and immediately deflate the device one time a day.

2nd week of cycling – Inflate the device two times a day and leave inflated for 5 minutes and then deflate the device.

3rd week of cycling – Inflate the device two times a day and leave inflated for 20 minutes and then deflate the device.

- After 3rd week of cycling is accomplished (typically 5-6 weeks after your surgery), you may start intercourse.
- Remember to use plenty of lubricant during intercourse.
- Familiarize yourself and your partner with the device and its function. Remember, the entire sexual experience for you and your partner is more than simply getting an erection.

After cycling is completed and intercourse has resumed, cycle the device daily for six (6) months.

- Inflate device to maximum rigidity (mild stretching or mild discomfort), attempt 1 or 2 additional pumps and leave inflated for 10-15 minutes.