

# DR .CONFIDENCE

## Aesthetics

*Transforming Lives*

### YOUR AFTERCARE FACT SHEET



## Your Aftercare Factsheet

This is Important information  
Please take time to read it carefully

Further to your treatment, please complete the full course of antibiotics we have prescribed and follow the specific instructions given to you by Dr James. Also, take time to read the information contained here. This will ensure you gain the maximum benefit from your procedure.

### **Refrain from sexual intercourse**

After the procedure, we strongly advise that you avoid having sex for one week. Also, do not masturbate during this 7-day timeframe. The reason for this is that the hyaluronic filler will not have fully set and may move out of position during this initial period, causing a disfigured appearance to the penis. There is also the possibility of infection.

### **Avoid gym visits, exercising and heavy physical work**

Refrain from any of these activities, including running, for 7 days as exercise could disturb the filler before it has properly set. Excessive sweating, especially in the groin area, can lead to the spread of infection. If you are a regular gym user, keep away for at least a week, as there is a risk of picking up bacterial infections, even in the best run facilities.

### **Make sure your underwear is supportive**

After your penis enlargement procedure, whilst the filler has yet to set properly, this is the time when it is very important to wear support underwear that holds everything in place – certainly for at least the first 7 days. Well elasticated Y fronts are recommended. The penis should not be left dangling/ unsupported (as would be the case with loose fitting boxer shorts, for instance) because gravity will cause the filler to drain down the shaft and towards the tip of the penis. For good hygiene, change the underwear daily.

On the day of your treatment, please arrive at the clinic wearing supportive underwear.

## **Establish an erection for effective post-treatment moulding**

Even though you must initially stay away from having sex after your treatment and you may experience some tenderness, you should still be able to gain and maintain an erection.

During your treatment, Dr James will ensure that the filler is evenly spread throughout the shaft, for the best long-term results. However, it is likely that you will need to do some post-procedural moulding.

Given that we inject the penis with hyaluronic acid-based filler, which is quite malleable, this will enable you to gently smooth out any irregularities in the days after your treatment. As the days progress, you will notice that it will become harder to manoeuvre the filler. This is because it will integrate and set naturally with the surrounding tissue.

The main moulding will take place at the time of your treatment. However, if any additional “smoothing out” is required, it is important to keep an eye on this for the next 4 or 5 days, until the filler has completely set. If any moulding is needed, begin doing this gently the morning after your treatment.

If you are having difficulty achieving an erection, it may be advisable to use a Viagra-type product, which you can get either from your GP or from an over-the-counter or online pharmacy.

## **How to Mould the Filler**

- Once you have achieved an erection, look along the shaft of the penis to see how equally the filler has been distributed.
- Once the penis is stiff, if you notice any uneven distribution, this is the time to press the filler against the erect shaft to ensure it is evenly spread and moulded into position. Don't attempt to mould the filler when the penis is flaccid or only semi-erect, because there won't be the same resistance from the shaft to ensure you get an even spread.
- Spread the filler along the top and side of the shaft. Note, it is very important to avoid distributing the filler to the underside of the shaft (the side nearest the floor).
- For the most effective spreading, press firmly on the lumpy areas of the filler and move the filler into areas where greater covering is required. It will be a delicate balance to work out how much pressure you should apply. We suggest you press reasonably firmly for the most effective results, but not too much that it becomes painful.
- For any excess lumps that you find difficult to smooth out, you should be able to easily disperse these by pinching them between your finger and thumb, which will break them down.

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If you experience any difficulty or undue discomfort whilst smoothing areas of filler, perhaps because it has already set, please contact the clinic and we will arrange to get you back in as soon as possible, to dissolve any unsightly lumps, using a dissolving enzyme. The earlier we see you again, the easier it is to treat. There is no additional charge for dissolving filler.

After a couple of weeks, the injected filler should be completely set and stabilised. In most cases, this should result in a smooth, consistent appearance. If the coverage doesn't appear even throughout the penis, you may need to return to the clinic for a revision, two to four weeks after the treatment, to have additional filler injected. This would be at the patient's expense.

### **Potential Side Effects**

A certain amount of bruising and tenderness should be expected. This is likely to be apparent for the first couple of days after the procedure and may be present for around a week. The penis may also look excessively swollen for a week or two, which is to be expected and will be determined by the amount of filler that has been injected.

Please call the clinic as soon as possible if you find urinating difficult or painful.

We do not recommend that you use any straps, vacuum pumps or other penis extenders for at least four weeks. Any of these devices adversely affect the position of the filler, resulting in potential disfigurement.

### **For Uncircumcised Patients**

When Dr James performs procedures on men who haven't been circumcised, he takes extra care to make sure not to inject too much filler near the head of the penis, as this can make it difficult to pull the foreskin back from the penis tip.

Also, with uncircumcised penises, there is a tendency for the filler to migrate towards the foreskin area. If so, you may notice small lumps of filler when you retract the foreskin. If you can, smooth these lumps out before the filler gets too hard and sets. If this doesn't work properly, it may be necessary to return to the clinic, so that we can disperse any lumps with a dissolving enzyme at no expense to you.

At Dr Confidence Aesthetics, we want to ensure that you are 100% satisfied with your penis enlargement procedure. In the vast majority of cases, if you follow the aftercare advice provided, there should be no need to return to the clinic for any subsequent remedial treatment. However, if you are experiencing any extreme side effects (beyond the norm) and are having difficulty moulding the filler, please call the Clinic on 0800 955 0034.