



## **Pre/Post Care P-Shot**

### **Pre-Care Instructions:**

The P-Shot should NOT be used in patients who have active areas of active inflammation or infection (cysts, pimples, rash), sexually transmitted disease or a blood-borne infection. This procedure should not be used in a patient with any active or past bladder/prostate/penile or other male-related problems without approval by Dr. Watkins and your personal urologist/medical doctor. This procedure should not be used in patients who smoke (will decrease results due to constricting blood vessels) or on certain blood pressure medications. You should have had a normal physical exam within the last year.

### **Post-Care Instructions:**

- Discomfort/tenderness/redness/swelling/numbness/bruising is normal for a few days to a week.
- Real results can be expected at 4 weeks (after all swelling has resolved). You may notice no effect at all in the first few weeks.
- Gently clean the area daily with mild soap.
- You should use the vacuum penis pump for 10 minutes two times per day (can be done at the same time of day separated by 10 minutes) and keep the pressure between 5-10 mm Hg. You should stop using the pump if you have discomfort or unusual swelling or discoloration and notify Dr. Watkins.
- You may notice a reaction from mild to intense sexual sensitivity, want/need for sex, increased sexual drive/libido.
- You may notice an increase in erection, ability to maintain erection and length/girth/firmness in the first few days - weeks, but full results usually take 1-3 months.
- Sexual activity may be engaged immediately. Some may notice better sex immediately, while some may still have some discomfort with sex until results appear.
- You should immediately notify aNu Aesthetics and Optimal Wellness if you have any questions or concerns, or see any signs of problems (severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise). Signs of blood supply compromise include blanching or whitening/darkening/blackening of the skin, any discoloration, pain, or skin break/sloughing.

**Please call aNu Aesthetics and Optimal Wellness at 816.359.3310 immediately if you have any questions or concerns or see any of the above warning signs or problems.**