

Penile Vibratory Stimulation Instructions for use

Penile erection is a nerve reflex and there are many nerve receptors that line the surface of your penis but particularly at the frenulum (skin that attaches foreskin to penis) and base of glans. There are stimulation trigger centres in the spinal cord and brain which start a process that leads to penile erection, firmness and ejaculation.

Penile Vibratory Stimulation safely stimulates these sensors and helps initiate the flow of blood into your penis and stimulates the muscles that maintains blood flow, making the penis erect.

It is postulated that PVS works by activating the parasympathetic erectile spinal centre between the levels of S2-S4 in the spine. This then activates cavernosal nerves which speeds up the recovery from neuropraxia and restoration of spontaneous erections. It is also suggested that PVS can improve continence through stimulating the somatic S2-S4 centre, the pudendal nerve is activated which then stimulates pelvic floor muscles.

PVS Exercise:

Pre-op:

- Start ASAP
- Slide ring onto penis and turn *on for 10 seconds*, then turn *off for 10 seconds*. Repeat this *10 times*
- *Daily*

Post op:

- Start *after your catheter is removed*
- Slide ring onto penis and turn *on for 10 seconds*, then turn *off for 10 seconds*. Repeat this *10 times*
- *Daily*
- Continue for *6 weeks*

A L C H E M Y
I N M O T I O N



Instructions on vibrating ring use:

1. Follow manufacturer's instructions on how to insert battery
2. Apply water-based lubricant to penis
3. Stretch ring onto penis
4. Press 'on' button + follow protocol (as above)
5. Press 'off' button
6. Gently stretch ring and remove from penis
7. Clean according to manufacturer's instruction

