

Vacuum Erection Device Instructions for Use

Penile pumps have been shown to be a safe and effective treatment technique to maintain penile length and increase blood flow and oxygenation of nerve and muscles in the penis post prostate surgery. They are also useful to generate and maintain an erection for satisfying sexual intercourse.

VED Exercise:

- Research has demonstrated improvement in outcomes if you commence using your VED 1-month post op. please ensure however, that you discuss this with your surgeon to ensure that they are happy for you to commence this early.
- Research indicates the best improvements can be generated with using your VED for 10 minutes at a time on a daily basis.

VED Instructions for Sexual Intercourse:

In the VED pack that we have given you, you should find a penile pump, constriction rings, batteries and water-based lubricant. The following instructions outline how to use the pump to generate and maintain an erection for sexual intercourse. When you are using your VED as a daily exercise ignore the constriction ring details.

1. Insert batteries as advised
2. Moisten end of pump with lubricant and slide constriction ring onto open end of pump. (The lubricant helps the constriction ring slide onto the pump in addition to improving the seal between the body and the open end of the pump.) NB: You may need to remove pubic hair to improve the seal between the pump and your body.
3. Slide pump with constriction ring mounted onto open end of pump onto non-erect penis and hold the pump towards your body.
4. Turn the pump on (by following instructions on pump box) and penile stiffening will become visible.
5. When you are satisfied with the erection, slide the constriction ring onto the base of the penis.
6. Turn off the pump and remove the pump from the body. The erection formed and maintained in this way is sufficient for you to experience satisfying sexual intercourse.
7. Remove constriction ring after no more than 30 minutes. When removing the ring, stretch it open by pulling on the tabs. Slide the ring off the penis gently. The trapped blood now flows back to the body and the erection will disappear.
8. Clean the device after every use by following manufacturer's instructions.

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



** Choosing the right constriction ring is important to maintaining the best possible erection. If the ring is too large, the stiffening will be insufficient so try the next size smaller. It is always a good idea to try the pump in peace and alone before using it with your partner.

For a clear video tutorial as to how a VED can work please visit:
<http://erectionrehab.com/products/active-erection-system.html>

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