



# Pacific Clinic

## **PENILE ENLARGEMENT**

### **POST-PROCEDURE INSTRUCTIONS**

#### **Dressing:**

- You can remove the dressing once you get home
- You can also wear the dressing for the first 7-10 days during the day to help mold the filler along the shaft of the penis
- 72hrs after the procedure, it becomes more difficult to mold the filler.
- No further dressing is required.

#### **Lumps:**

- You can apply pressure with your fingers placed above and below any lumps to flatten them out
- Filler will be hardened and difficult to mold 72hrs after the procedure

#### **Showering/Bathing:**

- You can shower 24hrs after the procedure
- Do not immerse your penis in water for 1 week (bath tub, hot tub, pool, river, lake, ocean, etc).

#### **Bruising/Swelling:**

- Can happen and will resolve over the course of 7-10 days

#### **Pain:**

- Tylenol
  - 325mg 1-2 tabs every 6hrs as needed for pain
  - 500mg 1-2 tabs every 6hrs as needed for pain



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## NSAIDs

- Ibuprofen 200mg 2-3 tabs every 6hrs as needed for pain
- Aleve 220mg 2 tabs every 12hrs as needed for pain

\*\*\*Do Not take NSAIDS if any of the below apply to you\*\*\*

- Currently on a blood thinner medication
- History of Chronic Kidney Disease
- History of stomach ulcers
- Allergy to NSAIDs
- You have been advised by a Physician in the past to avoid NSAIDs

## **Infection:**

### Very rare

### Please call us or schedule a follow up if you notice:

- pus-like discharge
- increasing redness

### Please be evaluated in a local Urgent Care or Emergency Room if you notice:

- Fever > 100 F
- Body aches, chills, sweats
- Nausea/vomiting
- Significant swelling or redness of the penis
- Copious pus-like discharge from the penis