

## NON-SURGICAL PENIS ENLARGEMENT

Thank you for visiting Cosmetic Connection®, one of Australia's leading cosmetic medicine destinations. You have just undergone the enlargement procedure with one of Australia's most trusted penis enlargement doctors. Please see below for aftercare instructions following your non-surgical penis enlargement.

Non-surgical penis enlargements use dermal filler to increase girth, and to reduce shrinkage and glans sensitivity. Reversible dermal fillers are the most commonly used product for the treatment. Non-reversible collagen stimulating dermal filler may also be used in certain cases. Most dermal fillers come pre-mixed with local anaesthetic to minimise procedure discomfort. Topical or injectable anaesthetic may also be used to ensure a comfortable treatment. Generally, completing the non-surgical penis enlargement is best done over 2-3 sessions to improve the results.

At Cosmetic Connection®, we use only premium brands of dermal filler for our non-surgical penis enlargements. You will notice the results from your treatment immediately, with the best effect visible after 2 weeks (for reversible dermal filler) and 3 months (for collagen stimulating dermal filler). It is important to allow time for the treated area to fully heal before assessing the results. The results of your treatment should last between 2 and 5+ years depending on the quantity and type of product used.

Following your non-surgical penis enlargement, you should strictly adhere to the following aftercare instructions:

### *Avoid:*

- Sexual activity for 10 days (longer if the injection sites are slow to heal)
- Strenuous exercise and alcohol for 48 hours
- Anti-inflammatories and supplements (unless advised to take by a medical practitioner) for 48 hours
- Hot environments for 7 days
- Lying/sleeping on your stomach for 7 days
- Invasive dental treatments for 2 weeks (unless strongly medically indicated)
- Water-based activities (swimming, spas, saunas etc.) for 7 days

### *Do:*

- Apply Chlorsig ointment to the injection sites after showering for 5 days
- Take paracetamol (where safe) for any discomfort
- Shower twice per day using chlorhexidine body wash for 3 days
- Gently apply a cold pack wrapped in a tea towel to the treated area intermittently for 4 hours to minimise pain, swelling and bruising

- Take/apply all medications as prescribed in full (contact us immediately if you develop side effects)
- Continue to apply the elastic dressing gently for at least 10 days (do not apply the dressing tightly as this may cause the filler to migrate)
- Massage filler into deficient areas and gently stretch the penis out 5 times per day for 5 days as required. If the filler is even and feels smooth, do not massage
- Wear supportive underwear (briefs) and ensure your penis remains as straight as possible during the day. Alternate pointing the penis straight up and straight down.

Careful adherence to your aftercare will reduce healing time, improve your results, and reduce the risk of an adverse effect.

What you can expect after your treatment:

- Mild redness at the injection sites that will resolve in a few hours
- Localised swelling that improves over the first few days
- Bruising may occur and will resolve over a few days
- You may experience some discomfort when achieving an erection for the first few weeks
- Different appearances of the penis when flaccid and erect

Due to the dynamic nature of the penis (changing in shape and size throughout the day), small lumps and bumps are relatively common. Rarely, severe aggregation of the filler may occur. This risk increases if the above aftercare is not carefully followed. Small contour irregularities can be corrected at your next treatment if desired. More significant contour irregularities may require dissolving of the filler if reversible dermal filler has been used.

When you should get in touch with us:

*If you develop:*

- A rash
- Worsening swelling, redness or pain at the treatment site
- Skin discolouration (white, mottled, dusky, grey or black)
- Clusters of pimples, pustules or blisters affecting the skin (even if not directly located at the treatment area)
- Delayed healing of the injection sites (beyond 2-3 days)
- You have any concerns about the results of your treatment or your experience with us

*If you develop any of the following symptoms, please call an ambulance immediately and advise the attending doctor to get in touch with us:*

- Facial or airway swelling
- Difficulties breathing, swallowing or speaking