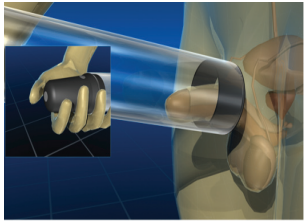
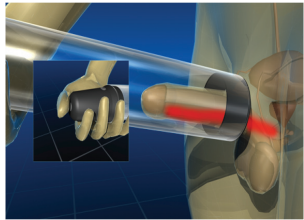


What is Daily Vacuum Therapy?



A natural erection occurs when blood flows into the penis and is trapped there temporarily by vacuum pressure. A vacuum pump creates an erection in the same way using air pressure inside a specially designed cylinder. How it works:

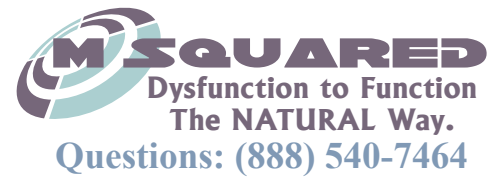


The tip of the penis is placed at the opening of the cylinder and an air tight seal is created against the skin.

The pump draws air out of the cylinder, drawing the penis into the cylinder, stretching the tissue and blood into the penis. This process creates an erection.

The daily use of vacuum therapy to draw blood into the penis.

- ✓ Stretches penile tissue and draws oxygenated blood into the penis.
- ✓ Replaces night time erections often missing after prostate cancer treatment or ED.



Vacuum Therapy Sample Protocol

Time Commitment: 10 minutes per day / 3-5 Days a Week

Goal: Create and maintain multiple erections within a 10 minute period. Each erection will be held for one minute. **Do not use constriction devices for daily vacuum therapy.** Continue therapy until you experience regular night-time erections or spontaneous daytime erections or consult your physician for more specific instructions on a stopping point. There is no set timeframe for any man on vacuum therapy and every man is different. Vacuum therapy works for the majority of men, but you have to do the therapy! The old saying “if you don’t use it, you lose it” is very true in this case.

Three Simple Steps:

STEP 1
Use the vacuum pump to create as much of an erection as comfortable. At first it will be uncomfortable, especially if it’s been a while since you’ve had a healthy erection.

STEP 2
Maintain the erection for 1 minute. After the minute is up, release the vacuum. This will cause the blood to flow out of the penis and back into your body.

STEP 3
Repeat steps 1 and 2 until you have achieved a total of 3-5 erections.

A Sample 6 Month Post Treatment and/or ED Management Strategy

Months 1-3

Clinical Goals

Replace nocturnal erections and keep your penile tissue healthy

Preserve penis size

Maintain good sexual health

Steps to Achieve Your Goals

- Daily/low dose oral ED medication if prescribed by physician
- 3-5 times a week vacuum therapy (without a constriction ring)
- Attempt Intercourse once per week using the vacuum pump (with a constriction ring if needed) or use the Viberect.

Months 4-6

Clinical Goals

Return of spontaneous erections or respond to oral medications

Preserve penis size

Maintain good sexual health

Steps to Achieve Your Goals

- Increase/decrease oral medication dosage as needed
- Continue vacuum therapy
- Discuss additional therapies with your physician
- Intercourse 1-2 times a week using the vacuum pump or use the Viberect.

Always consult your physician for appropriate ED diagnosis and management. Other diagnosis could include Peyronies and will have a different protocol.