

## ED Treatment with Manual Vacuum Erection Device

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Here are instructions for using the Manual Vacuum Erection Device (VED) to help with your rehabilitation after your prostatectomy. This therapy is to help with the erection of the penis. Following these instructions will help:

- Maintain the length of your penis
- Dilate the arteries to help with blood supply

Start this therapy 2 weeks after surgery. It should be done with the VED everyday. A good time to use the VED for therapy is before you take a bath or shower. Having a regular time each day will help you to remember to do your therapy.

You will not need a construction ring for therapy. You will be shown how to use the cylinder, pump and cylinder insert. You will need to use water-soluble lubricant on the edge of the cylinder and all over the penis (head and shaft). This instruction is covered in the booklet and the DVD that comes with your VED. A good thing to remember is that you must pump slowly and allow time for the penis to fill with blood. It is helpful to trim the pubic hair around the base of the penis to help create a better seal.

### Steps for One Session of Manual VED Therapy

One session equals bringing the penis to an erection 5 times. You may do more than 1 session a day, but no more than 2.

1. Pump slowly 3 times and pause, counting to 5 or 10. Then pump slowly 3 more times, and pause again, counting to 5 or 10.
2. Repeat step one until the penis is full. Tightness and some pressure are normal, but never pump to the point that you cause pain.
3. When you have reached a penile erection, count for at least 2 minutes. You can go longer if you can tolerate it, and then release the pressure button.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

4. After the penis has decreased in fullness, pump again and repeat the process.
5. Repeat the above process 4 times, for a total of 5 erections.
6. This should take 10 to 15 minutes per session.

## Lubricant

Always use a water-soluble lubricant like the one provided with your VED. When you need to buy more lubricant, it is best to buy the same kind that comes in the kit. You can buy other brands of water-soluble lubricant at any pharmacy. Note that some brands are more liquid (runny) and may not work as well. With other brands, you may need to use more of the lubricant.

### Point to remember:

- Never use Vaseline or petroleum-based products for lubricant.

## Medicine

Medicines are commonly used to help with erectile dysfunction. Viagra®, Cialis® or Levitra® may be ordered by your doctor. The medicine is used right after surgery to help increase blood flow. This is done to help keep your penile tissue healthy and intact while the nerves are healing from surgery. The medicine is not used for sexual activity right after surgery.

You **should not** take these drugs if you are taking any medicine that contains nitroglycerin. Tell your doctor about **all** the medicines you are taking.

- **Viagra®** (20 to 100 mg)
  - ▶ This should be taken daily at bedtime, at least 24 hours apart.
- **Cialis®** (2.5 to 20mg)
  - ▶ This should be taken at bedtime 2 to 7 times a week, depending on the dose your doctor has ordered. You should take this medicine at least 24 to 48 hours apart.
- **Levitra®** (10 to 20 mg)
  - ▶ This should be taken daily at bedtime, at least 24 hours apart.
- **Stendra®** (Avanafil) (50-200 mg)
  - ▶ This should be taken at bedtime, at least 24 hours apart.

For more information or questions you may contact the OSU Wexner Medical Center Male Sexual and Reproductive Medicine Program at 614-685-6666.