



## GAINSWAVE & PRP INJECTION Pre and Post Care

### PRE-CARE INSTRUCTIONS:

For best results, discontinue use of anti-inflammatory agents 2 weeks prior to treatment; these include (Tylenol is okay):

- Aspirin; NSAIDs
- Essential fatty acids/Fish Oils (EPA, DHA)
- Vitamin A
- Vitamin E
- Turmeric

Notify VVC if you have:

- Coagulation disorder
- History of thrombosis
- Anticoagulant therapy
- History of cancer (penile or prostate)
- Active or recent infection or STD
- Lesions or sores on or near treatment area
- Penile implant

Trim or shave the treatment area prior to treatment for the ease of treatment for you and your provider

### POST-CARE INSTRUCTIONS:

- Temporary mild skin redness around the genitals is common but should not last more than 24 hours.
- Immediate results may vary from subtle to more significant improvement in symptoms. Some patients may notice same day results while others are late responders
- Do not fully judge treatment results until 8-12 weeks following the last treatment
- Clean off any numbing cream, you might be numb for a few hours after
- Sexual activity is encouraged after each treatment - no downtime.
- Please use the penis pump twice daily throughout your treatment protocol
- Keep sexually active during the course of your treatments
- Schedule your next visit before you leave the office

Results may include:

- Increased nighttime and morning erections
- Increased spontaneous erections
- Faster onset of action and increased efficacy of ED drugs
- Some patients are able to stop medications entirely
- Increased stamina of erections
- Increased girth and vasculature on penis shaft
- Shorter refractory times between erections