

MANUP GIRTH™ ENHANCEMENT AFTERCARE

This document includes instructions on how to mold and shape the derma filler post procedure. Please pay special attention to all the direction provided.

The quality of Aftercare you provide yourself will determine the quality of your results.

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General Information

- It takes a couple of weeks for Hyaluronic acid dermal filler to stabilize, absorb water and diffuse.
- Bruising and tenderness will vary a lot from patient to patient. Bruising will often become more apparent a day or two after the procedure and may last for 1 week.
- Swelling can result for up to 2 weeks and might be quite impressive. If significant swelling remains beyond a few days, please contact your ManUpClinic.
- If you have any significant pain or difficulty passing urine, please call your ManUpClinic right away.
- Do not use penis extenders or other devices that fasten behind the penis head for at least 1 month.

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Dos & Don'ts

DO NOT have sexual intercourse for 7-10 days following the procedure.

DO NOT engage in heavy physical work or exercise for 4-5 days.

DO NOT run.

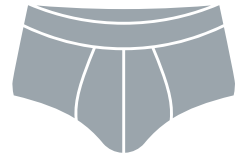
DO go walking for the first week after procedure.

DO wear supportive briefs for the first week post procedure.

Please wear supportive underwear **on the day** of your procedure.

Penises left unsupported post ManUpGirth™ procedure can expect the filler to accumulate in the head of the penis, which is not the intended outcome.

See Examples of Supportive Briefs.



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Molding Instructions - Get Erect

- You should be able to gain and maintain an erection in order to mold effectively.
- To mold filler effectively the patient must press the filler against their erect penis shaft. Pressing HA filler against a flaccid or semi-erect penis will be less effective. *Ask your Clinic for a prescription for Erectile Dysfunction (ED) medication such as Viagra if you need support getting an erection.*
- Hyaluronic acid-based fillers are initially malleable. By applying pressure, when erect, to the filled areas of your penis, it allows you to smooth out small irregularities.
- For best results, we recommend you begin molding the filler a minimum of 4 hours after the procedure. As each day passes the filler will integrate with surrounding tissue and 'set' more firmly becoming harder mold.

Note: Hyaluronic acid filler can be spot dissolved to adjust small areas if necessary.



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Molding Instructions - Detailed

- **Wash your hands** first and then attain an erection.
- Evaluate visually and by touch how the filler is distributed along the penis shaft.
- **DO NOT** spread filler to the underside of the penis, spread along the top and sides only.
- If there is any unevenness, as in filler concentrated in one area, press firmly into the protruding filler using the erect shaft as resistance. *Light pressure will likely be insufficient, press firmly (but not so firmly as to cause significant pain).*
- If there are any small lumps of filler that do not spread easily, pinch them between your thumb and finger and they will gradually break up (think of squashing jelly beans).
- The earlier you start molding the filler the better. By day 4 or 5 the filler is almost 'set' and becomes very difficult to mold.
- If you are unable to smooth out the filler or if it has already set, it can be altered in-clinic with a dissolving enzyme, if you have chosen a Hyaluronic acid filler. *Please get in touch with your ManUpClinic if you need guidance on how to mold the filler.*

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Uncircumcised Patients

- If you notice excessive product around the head, try to massage this back up the shaft towards the base of the penis.
- It is particularly important for uncircumcised patients to keep the penis supported in supportive underwear (briefs), so that gravity, diffusion and the impact of walking does not cause the filler to migrate down towards the head.
- Uncircumcised patients may be more prone to filler migrating to the foreskin region. This may present as small lumps of filler visible when the foreskin is retracted.
- Try to push these lumps out before the filler sets. If you are unable to, these small lumps may need to be spot dissolved in-clinic. Please contact your Provider to book an appointment.
- Keep in mind, the ManUpGirth™ procedure has been developed to offer men a safe and swift solution to increase penis girth. The Aftercare is as important as the procedure itself.

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ManUpGirth™ Aftercare Kit Instructions

- As part of your ManUpGirth™ procedure your Provider may send you home with the ManUpGirth™ Aftercare Kit.
- The kit contains supportive materials to be used post procedure.
- The silicone sleeve can be cut to length and used to help the filler set after molding.
- Bandaging is used immediately post procedure to ensure the filler is held in place and the injection sites are tended to.
- Patients are encouraged to apply fresh bandaging after each molding session.
- The stainless steel roller is to be used in support of hand molding to smooth any bumps or irregularities
- The Vaseline helps to reduce friction during the molding process.

GOOD LUCK & THANK YOU FOR CHOOSING MANUPGIRTH™

