**DAY 0 – TREATMENT DAY**

1. **PHARMACY SHOPPING LIST:** PICK UP MEDICATIONS & DIET PROTOCOL AND SUPPLIES TODAY

* *PLEASE SEE YOUR PHARMACY SHOPPING LIST FOR ADDITIONAL INFORMATION*

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION, LOCATED IN YOUR FOLDER. THE VIDEO IS LOCATED ON WWW.LORIAMEDICAL.COM …GO TO THE VIDEO TAB. PASSWORD IS loriamedicalwrap (all lower case one word).
* **STEP 1:** GLANS PUMPING
* GENTLY GRAB THE GLANS (OR HEAD OF THE PENIS) AND GENTLY SQUEEZE AND HOLD FOR 5 SECONDS UNTIL ALL THE ‘BLOOD’ IS SQUEEZED OUT, THEN RELEASE WAITING 30 SECONDS.
* THEN REPEAT PROCESS SEVERAL 5-10 TIMES.
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* DO THIS IF YOU HAD A GLANS OR HEAD OF THE PENIS TREATED.
* *GENTLY* MASSAGE/RUB THE GLANS FOR 1- MINUTE WITH FINGER TIPS.
* GENTLY PULL AND RUB THE SKIN OF THE GLANS TO SMOOTH OUT THE SURFACE.
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* PLACE DIRECT FINGER PRESSURE ON THIS AREA. WHILE HOLDING THE PENILE SHAFT IN ONE HAND FOR SUPPORT, PLACE DIRECT MODERATE FINGER PRESSURE FOR 10-15 SECONDS ON THE AREA ON THE UNDERSIDE OF THE PENILE SHAFT JUST BELOW THE HEAD OF THE PENIS. THIS HELPS PREVENT A BULGE FROM DEVELOPING IN THAT AREA
* **STEP 4:** PENILE CURVE CORRECTION
* **STEP 5:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 6:** BARRIER BREAK 10-15 MINUTES
* REMOVE YOUR LOOPED RUBBER BAND EVERY 4-6 HOURS FOR 10-15 MINUTES, BUT NO LONGER THAN 15 MINUTES***.***
* ***IF YOU LEAVE THE LOOPED RUBBER BAND OFF*** FOR LONGER THAN 10-15 MINUTES YOU RISK LOSING FILLER MATERIAL.
* **STEP 7:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* DO NOT PERFORM FINGER ROLLING OR FINGER PRESSURE MOTIONS, WHICH IS USED FOR SHAPING ONLY.
* REMEMBER TO PLACE THE BARRIER BACK ON AFTER YOUR 10-15 MINUTE BREAK.
* **STEP 8:** PLACE THE BARRIER BACK ON
* NOTE: DURING THE FIRST 7 DAYS YOUR PRIMARY BARRIER WILL BE THE LOOPED RUBBER BAND AND TIGHT HALF FOLD. WHEN YOU ARE ABOUT TO PLACE THE LOOPED RUBBER BAND BACK ON AFTER THE 10-15 MINUTE BREAK, PLACE THE LOOPED RUBBER BAND BACK ON IN A SLIGHTLY DIFFERENT LOCATION ON THE HALF FOLD.
* **STEP 9:** ALTERNATE PENIS POSITION
* PENIS POSITION IS ALWAYS PLACED EITHER UPWARDS OR DOWNWARDS, IF POSSIBLE.

**DAY 0 – TREATMENT DAY** *(CONTINUED)*

1. **WRAP PROTOCOL**

* NO RE-WRAP TODAY. DO NOT REMOVE YOUR WRAP UNLESS INSTRUCTED TO DO SO.

1. **BARRIER PROTOCOL**

* *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION, LOCATED IN YOUR FOLDER.*
* **LOOPED RUBBER BAND BREAK**
* REMOVE THE LOOPED RUBBER BAND ***AFTER*** COMPLETING YOUR MASSAGING & SHAPING EXERCISES.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
* YOU CAN MASSAGE THE AREA DIRECTLY UNDER THE LOOPED RUBBER BAND AREA FOR 1-2 MINUTES.
* AFTER THE 10-15 MINUTE BREAK, PLACE THE LOOPED RUBBER BAND BACK ON.
* **KEEP YOUR BARRIERS ON**
* THE LOOPED RUBBER BAND& PLASTIC RING, AT ALL TIMES, EXCEPT DURING YOUR 10-15 MINUTE BARRIER BREAKS EVERY 4-6 HOURS. **NOTE:** PAD UNDER THE PLASTIC RING WITH GAUZE/COTTON BALLS & PLACE TRIAMCINOLONE OINTMENT ON AS WELL TO HELP PREVENT SKIN SORES, AND, ALTERNATE LOOPED RUBBER BAND POSITION.
* **ALTERNATE SHAFT POSITION, IF POSSIBLE,** UPWARDS & DOWNWARDS EVERY 4-6 HOURS WHILE AWAKE

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***TODAY***
* TRIAMCINOLONE & BACITRACIN OINTMENTS – PLACE ON GLANS (HEAD OF THE PENIS) ***AT BEDTIME***
* NITROBID – PLACE A VERY TINY QUANTITY ON GLANS AFTER PLACING THE TRIAMCINOLONE & BACITRACIN ***AT BEDTIME ONLY. IF YOU DO NOT YET HAVE THE NITROBID YET, PLACE ON WHEN PRESCRIPTION IS RECEIVED.***
* WHAT YOU WILL **NOT** TAKE TODAY
* CEPHALEXIN: ANTIBIOTIC - TAKE NONE TODAY. THIS WAS GIVEN TO YOU IN THE OFFICE.
* *(IF ALLERGIC THEN TAKE BACTRIM)*
* METRONIDAZOLE: ANTIBIOTIC – TAKE NONE TODAY. THIS WAS GIVEN TO YOU IN THE OFFICE.
* *(IF ALLERGIC THEN TAKE CLINDAMYCIN)*
* PREDNISONE: ANTI-INFLAMMATORY – TAKE NONE TODAY. THIS WAS GIVE TO YOU IN THE OFFICE.
* LIDOCAINE OINTMENT: PAIN CREAM – NO NEED TO USE AT THIS TIME.
* MEDROL DOSE PACK (METHYL-PREDNISONE): ANTI-INFLAMMATORY- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).

1. **PAIN & DISCOMFORT PROTOCOL**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.
* TAKE ONE TYLENOL #4 PAIN MEDICATION TO HELP WITH NOCTURNAL ERECTION DISCOMFORT, WHICH OCCURS DURING SLEEP. THIS MEDICATION MAY CAUSE NAUSEA AND LIGHTHEADEDNESS. ...IF THIS OCCURS LIE DOWN UNTIL SYMPTOMS SUBSIDE AND NOTIFY THE LORIA MEDICAL STAFF.

**DAY 0 – TREATMENT DAY** *(CONTINUED)*

1. **BEDTIME PROTOCOL**

* TRIAMCINOLONE & BACITRACIN OINTMENTS
* PLACE LIBERALLY ON GLANS ***AT BEDTIME***
* NITROBID OINTMENT
* PLACE ON GLANS AFTER PLACING THE TRIAMCINOLONE & BACITRACIN ***AT BEDTIME ONLY***.
* USE A TINY AMOUNT OF THIS MEDICATION…A PEA SIZE AMOUNT ONLY.
* PLACE TRIAMCINOLONE & BACITRACIN OINTMENTS ON GLANS FIRST, THEN PLACE A VERY TINY AMOUNT OF NITROBID USING A Q-TIP. NOTE: NITROBID MAY CAUSE NAUSEA, SWEATING AND LIGHTHEADEDNESS...IF THIS OCCURS LIE DOWN UNTIL SYMPTOMS SUBSIDE AND NOTIFY THE LORIA MEDICAL STAFF. ALSO, IF YOU HAVE NOT YET RECEIVED THIS MEDICATIONS & DIET PROTOCOL, DO NOT WORRY, AND START PLACING IT ON WHEN YOU ARE ABLE.

1. **WHAT *NOT* TO DO TODAY**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** REMOVE THE WRAP
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** START SHAFT MASSAGING OR SHAPING (THIS STARTS ON DAY-3)…EXCEPT FOR GLANS PUMPING.
* **DO NOT** TAKE CEPHALEXIN, METRONIDAZOLE, PREDNISONE, OR MEDROL DOSE PACK TODAY. YOUR MEDICATIONS & DIET PROTOCOL FOR TODAY WERE ALREADY GIVEN TO YOU IN THE OFFICE
* **DO NOT** SLEEP ON YOUR STOMACH/BELLY, TRY TO SLEEP ON YOUR BACK OR SIDE, AND PILLOW BETWEEN LEGS IF NECESSARY
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY 1, 2, & 3**

**MORNING**

1. **TAKE PHOTOS**

* SEND PHOTOS WITH COMMENTS EACH MORNING AND SEND ON A DAILY BASIS TO THE GROUP MESSAGE, NO EXCEPTIONS. THIS IS CRITICAL FOR EVALUATION AND OPTIMAL RESULTS.

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** PENILE CURVE CORRECTION
* **STEP 5:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 6:** BARRIER BREAK 10-15 MINUTES
* **STEP 7:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* **STEP 8:** PLACE THE BARRIER BACK ON
* **STEP 9:** ALTERNATE PENIS POSITION

1. **WRAP PROTOCOL**

* NO RE-WRAP TODAY. DO NOT REMOVE YOUR WRAP UNLESS INSTRUCTED TO DO SO.

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **LOOPED RUBBER BAND BARRIER BREAK**

* REMOVE THE LOOPED RUBBER BAND ***AFTER*** ALL MASSAGING & SHAPING PROTOCOL HAVE BEEN COMPLETED.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
  + **PLASTIC RING & STRAPS**
* KEEP ON WITH MILD TENSION: NO BREAKS NECESSARY.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS MORNING***
* CEPHALEXIN – TAKE TWO CAPSULE 3 X A DAY
* METRONIDAZOLE – TAKE TWO TABLETS 3 X A DAY
* PREDNISONE – TAKE TWO TABLETS 3 X A DAY
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* WHAT YOU WILL **NOT** TAKE ***THIS MORNING***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).
* NITROBID OINTMENT

**DAY 1, 2, & 3 MORNING** *(CONTINUED)*

1. **PAIN & DISCOMFORT PROTOCOL**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT *NOT* TO DO TODAY**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** REMOVE THE WRAP
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** START SHAFT MASSAGING OR SHAPING (THIS STARTS ON DAY-3)…EXCEPT FOR GLANS PUMPING.
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY 1, 2, & 3 AFTERNOON**

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** PENILE CURVE CORRECTION
* **STEP 5:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 6:** BARRIER BREAK 10-15 MINUTES
* **STEP 7:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* **STEP 8:** PLACE THE BARRIER BACK ON
* **STEP 9:** ALTERNATE PENIS POSITION

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **LOOPED RUBBER BAND BARRIER BREAK**

* REMOVE THE LOOPED RUBBER BAND ***AFTER*** ALL MASSAGING & SHAPING PROTOCOL HAVE BEEN COMPLETED.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
  + **PLASTIC RING & STRAPS**
* KEEP ON WITH MILD TENSION: NO BREAKS NECESSARY.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

1. **WRAP PROTOCOL**

* NO RE-WRAP TODAY. DO NOT REMOVE YOUR WRAP UNLESS INSTRUCTED TO DO SO.

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS AFTERNOON***
* CEPHALEXIN – TAKE TWO CAPSULE 3 X A DAY
* METRONIDAZOLE – TAKE TWO TABLETS 3 X A DAY
* PREDNISONE – TAKE TWO TABLETS 3 X A DAY
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* WHAT YOU WILL **NOT** TAKE ***THIS AFTERNOON***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).
* NO PLACEMENT OF NITROBID OINTMENT, TRIAMCINOLONE & BACITRACIN ON GLANS

**DAY 1, 2, & 3 AFTERNOON** *(CONTINUED)*

1. **PAIN & DISCOMFORT PROTOCOL**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT *NOT* TO DO TODAY**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** REMOVE THE WRAP
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** START SHAFT MASSAGING OR SHAPING (THIS STARTS ON DAY-3)…EXCEPT FOR GLANS PUMPING.
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY 1, 2, & 3 EVENING**

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** PENILE CURVE CORRECTION
* **STEP 5:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 6:** BARRIER BREAK 10-15 MINUTES
* **STEP 7:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* **STEP 8:** PLACE THE BARRIER BACK ON
* **STEP 9:** ALTERNATE PENIS POSITION

1. **RE-WRAP PROTOCOL**

* RE-WRAP WILL BE PERFORMED EITHER ON THE ***EVENING OF DAY-3*** OR THE ***MORNING OF DAY-4.*** *PLEASE*
* PLEASE REFER TO YOUR RE-WRAP PROTOCOL SHEET DAY-3/4 RE-WRAP PROTOCOL FOR ADDITIONAL INFORMATION.
* WHEN IT IS TIME FOR YOUR RE-WRAP, PLEASE PREPARE FIRST: YOU WILL LAY OUT ALL OF YOUR WRAP MATERIALS FIRST, THEN TAKE A SHOWER, AND DURING THE SHOWER YOU CAN REMOVE THE CURRENT WRAP, THEN PAT ALL DRY, THEN TAKE PHOTOS WHILE THE WRAP IS OFF, THEN PLACE COMPLETE WRAP BACK ON, INCLUDING THE PENILE WRAP AND RING & STRAPS, THEN TAKE PHOTOS AGAIN (BUT NOW OF THE TOTAL WRAP ON INCLUDING THE RING & STRAPS).
* PLEASE NOTE: THAT YOUR LOOPED RUBBER BAND AND TIGHT HALF FOLD AT THE PENILE BASE IS YOUR PRIMARY PENILE SHAFT BARRIER UNTIL DAY-8. THE RING & STRAPS ARE A SECONDARY BARRIER AT THIS TIME.

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **LOOPED RUBBER BAND BARRIER BREAK**

* REMOVE THE LOOPED RUBBER BAND ***AFTER*** ALL MASSAGING & SHAPING PROTOCOL HAVE BEEN COMPLETED.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
  + **PLASTIC RING & STRAPS**
* KEEP ON WITH MILD TENSION: NO BREAKS NECESSARY.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS EVENING***
* CEPHALEXIN – TAKE TWO CAPSULE 3 X A DAY
* METRONIDAZOLE – TAKE TWO TABLETS 3 X A DAY
* PREDNISONE – TAKE TWO TABLETS 3 X A DAY
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* PLACE TRIAMCINOLONE AND BACITRACIN OINTMENTS ON THE GLANS, THEN PLACE A PEA SIZE, VERY SMALL QUANTITY OF NITROBID, ON THE GLANS LAST.
* TAKE A TYLENOL #4 PAIN MEDICATION TO HELP WITH NIGHTTIME ERECTIONS. YOU MAY TAKE AN ALTERNATE PAIN MEDICATION, ALEVE OR MOTRIN IF TYLENOL #4 IS TOO STRONG FOR YOU.
* WHAT YOU WILL **NOT** TAKE ***THIS AFTERNOON***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).

**DAY 1, 2, & 3 EVENING** *(CONTINUED)*

1. **PAIN & DISCOMFORT PROTOCOL**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT *NOT* TO DO TODAY**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** REMOVE THE WRAP
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** START SHAFT MASSAGING OR SHAPING (THIS STARTS ON DAY-3)…EXCEPT FOR GLANS PUMPING.
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY-4 TO DAY-7**

**MORNING**

1. **TAKE PHOTOS**

* SEND PHOTOS WITH COMMENTS EACH MORNING AND SEND ON A DAILY BASIS TO THE GROUP MESSAGE, NO EXCEPTIONS. THIS IS CRITICAL FOR EVALUATION AND OPTIMAL RESULTS.
* DURING WRAP CHANGE DAYS, TAKE PHOTOS IMMEDIATELY AFTER YOU PAT DRY POST SHOWER SO SKIN CAN BE EVALUATED, THEN TAKE PHOTOS AFTER THE COMPLETE WRAP IS ON, INCLUDING THE PENILE WRAP, AND RING & STRAPS, SO ALL CAN BE EVALUATED.

1. **RE-WRAP PROTOCOL**

* RE-WRAP WILL BE PERFORMED EITHER ON THE ***EVENING OF DAY-3*** OR THE ***MORNING OF DAY-4.***
* AFTER YOU HAVE COMPLETED THE **DAY-3/4 WRAP**, NO MORE RE-WRAPS ARE NEEDED UNTIL THE ***EVENING OF DAY-7*** ***OR MORNING OF DAY-8***. DO NOT REMOVE YOUR WRAP UNLESS DIRECTED TO DO SO.
* PLEASE REFER TO YOUR RE-WRAP PROTOCOL SHEET DAY-3/4 RE-WRAP PROTOCOL FOR ADDITIONAL INFORMATION.
* WHEN IT IS TIME FOR YOUR RE-WRAP, PLEASE PREPARE FIRST: YOU WILL LAY OUT ALL OF YOUR WRAP MATERIALS FIRST, THEN TAKE A SHOWER, AND DURING THE SHOWER YOU CAN REMOVE THE CURRENT WRAP, THEN PAT ALL DRY, THEN TAKE PHOTOS WHILE THE WRAP IS OFF, THEN PLACE COMPLETE WRAP BACK ON, INCLUDING THE PENILE WRAP AND RING & STRAPS, THEN TAKE PHOTOS AGAIN (BUT NOW OF THE TOTAL WRAP ON INCLUDING THE RING & STRAPS).
* PLEASE NOTE: THAT YOUR LOOPED RUBBER BAND AND TIGHT HALF FOLD AT THE PENILE BASE IS YOUR PRIMARY PENILE SHAFT BARRIER UNTIL DAY-8. THE RING & STRAPS ARE A SECONDARY BARRIER AT THIS TIME.

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** PENILE SHAFT MASSAGING & SHAPING
* **STEP 5:** PENILE CURVE CORRECTION
* **STEP 6:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 7:** BARRIER BREAK 10-15 MINUTES
* **STEP 8:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* **STEP 9:** PLACE THE BARRIER BACK ON
* **STEP 10:** ALTERNATE PENIS POSITION

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **LOOPED RUBBER BAND BARRIER BREAK**

* REMOVE THE LOOPED RUBBER BAND ***AFTER*** ALL MASSAGING & SHAPING PROTOCOL HAVE BEEN COMPLETED.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
  + **PLASTIC RING & STRAPS**
* KEEP ON WITH MILD TENSION: NO BREAKS NECESSARY.
* NOTE: PAD UNDER THE PLASTIC RING WITH GAUZE/COTTON BALLS & PLACE TRIAMCINOLONE OINTMENT ON AS WELL TO HELP PREVENT SKIN SORES.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

**DAY-4 TO DAY-7 MORNING** *(CONTINUED)*

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS MORNING***
* CEPHALEXIN – SHOULD HAVE NONE LEFT, DO NOT REFILL UNLESS INSTRUCTED TO DO SO.
* METRONIDAZOLE – SHOULD HAVE NONE LEFT, DO NOT REFILL UNLESS INSTRUCTED TO DO SO.
* PREDNISONE – SHOULD HAVE NONE LEFT, DO NOT REFILL UNLESS INSTRUCTED TO DO SO.
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* WHAT YOU WILL **NOT** TAKE ***THIS MORNING***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).
* NITROBID OINTMENT

1. **PAIN & DISCOMFORT**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT NOT TO DO TODAY**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** REMOVE THE WRAP
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY-4 TO DAY-7 AFTERNOON**

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** PENILE SHAFT MASSAGING & SHAPING
* **STEP 5:** PENILE CURVE CORRECTION
* **STEP 6:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 7:** BARRIER BREAK 10-15 MINUTES
* **STEP 8:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* **STEP 9:** PLACE THE BARRIER BACK ON
* **STEP 10:** ALTERNATE PENIS POSITION

1. **RE-WRAP PROTOCOL**

* RE-WRAP WAS ALREADY COMPLETED. THIS WAS PERFORMED EITHER ON THE ***EVENING OF DAY-3*** OR THE ***MORNING OF DAY-4.***
* AFTER YOU HAVE COMPLETED THE DAY-3/4 WRAP, NO MORE RE-WRAPS ARE NEEDED UNTIL THE EVENING OF DAY-7 OR MORNING OF DAY-8. DO NOT REMOVE YOUR WRAP UNLESS DIRECTED TO DO SO.
* PLEASE REFER TO YOUR RE-WRAP PROTOCOL SHEET FOR ADDITIONAL INFORMATION.

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **LOOPED RUBBER BAND BARRIER BREAK**

* REMOVE THE LOOPED RUBBER BAND ***AFTER*** ALL MASSAGING & SHAPING PROTOCOL HAVE BEEN COMPLETED.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
  + **PLASTIC RING & STRAPS**
* KEEP ON WITH MILD TENSION: NO BREAKS NECESSARY.
* NOTE: PAD UNDER THE PLASTIC RING WITH GAUZE/COTTON BALLS & PLACE TRIAMCINOLONE OINTMENT ON AS WELL TO HELP PREVENT SKIN SORES.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* WHAT YOU WILL **NOT** TAKE ***THIS AFTERNOON***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).
* NITROBID OINTMENT

**DAY-4 TO DAY-7 AFTERNOON** *(CONTINUED)*

1. **PAIN & DISCOMFORT**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT NOT TO DO THIS AFTERNOON**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY-4 TO DAY-7 EVENING**

1. **RE-WRAP WILL BE PERFORMED EITHER ON THE *EVENING OF EVENING OF DAY-7* OR THE *MORNING OF DAY-8. PLEASE REFER TO THE RE-WRAP PROTOCOL SHEET AND REVIEW THE DAY-7/8 RE-WRAP PROTOCOL.***
2. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** PENILE SHAFT MASSAGING & SHAPING
* **STEP 5:** PENILE CURVE CORRECTION
* **STEP 6:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 7:** BARRIER BREAK 10-15 MINUTES
* **STEP 8:** MASSAGE SKIN AREA UNDER LOOPED RUBBER BAND FOR 1-MINUTE
* **STEP 9:** PLACE THE BARRIER BACK ON
* **STEP 10:** ALTERNATE PENIS POSITION

1. **RE-WRAP PROTOCOL**

* RE-WRAP WAS ALREADY COMPLETED. THIS WAS PERFORMED ON THE ***EVENING OF DAY-3*** OR ***MORNING OF DAY-4.***
* ***WHEN THE EVENING OF DAY-7 APPROACHES***, YOUR NEXT RE-WRAP WILL NEED TO BE DONE…EITHER IN THE ***EVENING OF DAY-7 OR MORNING OF DAY-8.***
* PLEASE REFER TO YOUR RE-WRAP PROTOCOL SHEET FOR ADDITIONAL INFORMATION.
* PREPARATION FOR REWRAP: YOU WILL PREPARE ALL OF YOUR WRAP MATERIALS FIRST, THEN TAKE A SHOWER, AND DURING THE SHOWER YOU CAN REMOVE THE WRAP, THEN PAT ALL DRY, THEN TAKE PHOTOS WHILE THE WRAP IS OFF, THEN PLACE COMPLETE WRAP BACK ON, INCLUDING THE PENILE WRAP AND RING & STRAPS, THEN TAKE PHOTOS AGAIN (BUT NOW OF THE TOTAL WRAP ON INCLUDING THE RING & STRAPS).
* PLEASE NOTE: THAT YOU WILL NO LONGER WEAR THE LOOPED RUBBER BAND AND TIGHT HALF FOLD AT THE PENILE BASE FROM DAY-8 FORWARD. ***YOU PRIMARY PENILE SHAFT BARRIER WILL BE THE PLASTIC RING***. PLACE THE RING & STRAPS ON WITH **MODERATE TO HIGH TENSION**.

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **LOOPED RUBBER BAND BARRIER BREAK**

* REMOVE THE LOOPED RUBBER BAND ***AFTER*** ALL MASSAGING & SHAPING PROTOCOL HAVE BEEN COMPLETED.
* REMOVE LOOPED RUBBER BAND FOR 10-15 MINUTES AND DO THIS EVERY 4-6 HOURS.
  + **PLASTIC RING & STRAPS**
* KEEP ON WITH MILD TENSION: NO BREAKS NECESSARY.
* NOTE: PAD UNDER THE PLASTIC RING WITH GAUZE/COTTON BALLS & PLACE TRIAMCINOLONE OINTMENT ON AS WELL TO HELP PREVENT SKIN SORES.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

**DAY-4 TO DAY-7 EVENING** *(CONTINUED)*

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS EVENING***
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* PLACE TRIAMCINOLONE AND BACITRACIN OINTMENTS ON THE GLANS, THEN PLACE A PEA SIZE, VERY SMALL QUANTITY OF NITROBID, ON THE GLANS LAST AND SPREAD OUT EVENLY.
* TAKE A TYLENOL #4 PAIN MEDICATION TO HELP WITH NIGHTTIME ERECTIONS.
* WHAT YOU WILL **NOT** TAKE ***THIS AFTERNOON***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL NEXT WEEK (DAY 8).

1. **PAIN & DISCOMFORT**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT NOT TO DO THIS AFTERNOON**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** EXERCISE
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY 8 TO DAY 21**

**MORNING**

START YOUR MEDROL DOSE PACK (METHYL-PREDNISONE) TODAY

1. **TAKE PHOTOS**

* SEND PHOTOS WITH COMMENTS EACH MORNING AND SEND ON A DAILY BASIS TO THE GROUP MESSAGE, NO EXCEPTIONS. THIS IS CRITICAL FOR EVALUATION AND OPTIMAL RESULTS.
* DURING WRAP CHANGE DAYS, TAKE PHOTOS IMMEDIATELY AFTER YOU PAT DRY POST SHOWER SO SKIN CAN BE EVALUATED, THEN TAKE PHOTOS AFTER THE COMPLETE WRAP IS ON, INCLUDING THE PENILE WRAP, AND RING & STRAPS, SO ALL CAN BE EVALUATED.

1. IF A **SKIN SORE** OR **CUT DEVELOPED** (*LOOK AT ALL OF THE SKIN CAREFULLY*)

* DURING YOUR REWRAP TODAY, AND WHILE THE WRAP IS OFF, OBSERVE FOR ANY SKIN SORES OR SKIN CUTS. IF YOU SEE A SKIN SORE OR SKIN CUT TAKE ADDITIONAL PHOTOS OF THIS. THEN, DURING YOUR SHOWER AND WRAP CHANGE, WASH ALL WITH SOAP AND WATER, THEN PAT DRY WITH A CLEAN TOWEL, AND THEN PLACE BACITRACIN OINTMENT ON THE SKIN SORE. THEN PLACE A SMALL BANDAID ON. THEN CONTINUE PLACING YOUR COMPLETE ON WITH THE RING & STRAPS, AND THEN SEND PHOTOS OF THE COMPLETED WRAP WITH RING & STRAPS ON.
* THE CLEANING OF THE SKIN SORE OR SKIN CUT WILL NEED TO BE DONE EVERY 1-2 DAYS. THIS MEANS THAT THE ENTIRE WRAP WILL NEED TO BE CHANGED AS WELL.

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** FINGER ROLLING FILLER DOWN TO PENILE BASE AREA
* **STEP 5:** PENILE SHAFT MASSAGING & SHAPING
* **STEP 6:** PENILE CURVE CORRECTION
* **STEP 7:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 8:** BARRIER BREAK 10-15 MINUTES
* **STEP 9:** PLACE THE BARRIER BACK ON
* **STEP 10:** ALTERNATE PENIS POSITION

1. **RE-WRAP PROTOCOL**

* RE-WRAP WILL BE PERFORMED EITHER ON THE ***EVENING OF DAY-7*** OR THE ***MORNING OF DAY-8.***
* AFTER YOU HAVE COMPLETED THE **DAY-7/8 WRAP**, RE-WRAPS WILL BE PERFORMED **EVERY 2-3 DAYS** UNLESS DIRECTED OTHERWISE **UNTIL DAY-21**. .
* IF THERE IS A SKIN SORE OR ULCER, YOU WILL NEED TO CHANGE THE WRAP EVERY 1-2 DAYS. THIS EXTRA CLEANING OF THE SKIN WILL HELP THE SKIN ULCER HEAL.
* PLEASE REFER TO YOUR RE-WRAP PROTOCOL SHEET DAY-7/8 RE-WRAP PROTOCOL FOR ADDITIONAL INFORMATION.
* WHEN IT IS TIME FOR YOUR RE-WRAP, PLEASE PREPARE FIRST: YOU WILL LAY OUT ALL OF YOUR WRAP MATERIALS FIRST, THEN TAKE A SHOWER, AND DURING THE SHOWER YOU CAN REMOVE THE CURRENT WRAP, THEN PAT ALL DRY, THEN TAKE PHOTOS WHILE THE WRAP IS OFF, THEN PLACE COMPLETE WRAP BACK ON, INCLUDING THE PENILE WRAP AND RING & STRAPS, THEN TAKE PHOTOS AGAIN (BUT NOW OF THE TOTAL WRAP ON INCLUDING THE RING & STRAPS).
* PLEASE NOTE: THAT YOUR LOOPED RUBBER BAND AND TIGHT HALF FOLD ARE **NO LONGER USED** AT THE PENILE BASE. **NOW THE PLASTIC RING & STRAPS WILL BE YOUR PRIMARY PENILE SHAFT BARRIER UNTIL DAY-21.**

**DAY-8 TO DAY-21 MORNING** *(CONTINUED)*

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL & RE-WRAP PROTOCOL FOR ADDITIONAL INFORMATION*
   * **PLASTIC RING & STRAPS**

* PREPARE FOR PLASTIC RING PLACEMENT
* FIRST: PLACE SOME CUT OUT GAUZE AND ‘COMFORT’ PAD DOWN THE PENILE SHAFT TO THE PUBIC AND SCROTAL AREAS. THIS WILL BE YOUR PADDING, FOR COMFORT PURPOSES, UNDER THE PLASTIC RING.
* SECOND: MAKE SURE THE PLASTIC RING DIAMETER (INNER HOLE) IS THE CORRECT SIZE. FOR EXAMPLE, THE INNER RING SHOULD BE LIGHTLY TOUCHING THE PENILE SHAFT. IF IT LOOKS TO LOOSE, PLACE SOME BROWN STRETCH GAUZE TO DECREASE THE HOLE SIZE.
* THIS WILL BE CHANGED OUT DURING A WRAP CHANGE EVERY 2-3 DAYS.
* NOTE: WHEN OPPORTUNITY ALLOWS, PLACE TRIAMCINOLONE OINTMENT ON THE SKIN UNDER THE BARRIER
* PLACE PLASTIC RING & STRAPS ON, AND KEEP ON WITH **MODERATE TO HIGH TENSION**.
* THE PLASTIC RING & STRAPS WILL NOW BECOME YOUR PRIMARY BARRIER.
  + **SCROTAL RING STAYS ON (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)**
* KEEP ON WITH MODERATE TO MODERATE TO HIGH TENSION.

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* WHAT YOU WILL **NOT** TAKE ***THIS MORNING***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL TOMORROW (DAY 8).
* NITROBID OINTMENT

1. **PAIN & DISCOMFORT**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **YOU MAY BEGIN EXERCISING**, BUT AT 50% INTENSITY. STILL NO DEEP SQUAT OR ABDOMINAL CRUNCH MOTIONS UNTIL DAY 14.
2. **WHAT NOT TO DO TODAY**

* **DO NOT** REMOVE THE WRAP
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY-8 TO DAY-21 AFTERNOON**

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** FINGER ROLLING FILLER DOWN TO PENILE BASE AREA
* **STEP 5:** PENILE SHAFT MASSAGING & SHAPING
* **STEP 6:** PENILE CURVE CORRECTION
* **STEP 7:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 8:** BARRIER BREAK 10-15 MINUTES
* **STEP 9:** PLACE THE BARRIER BACK ON
* **STEP 10:** ALTERNATE PENIS POSITION

1. **RE-WRAP PROTOCOL**

* DAY 7/8 RE-WRAP PROTOCOL TO BE FOLLOWED EVERY 2-3 DAYS UNLESS INSTRUCTED OTHERWISE.

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **PLASTIC RING & STRAPS**

* KEEP ON WITH MODERATE TO HIGH TENSION.
* NOTE: WHEN THE WRAP IS CHANGED TODAY, YOU WILL PLACE THE PLASTIC RING & STRAPS ON WITH MODERATE TO HIGH TENSION AND NO LONGER USE THE LOOPED RUBBER BAND AND TIGHT HALF FOLD. THE PLASTIC RING & STRAPS WILL NOW BECOME YOUR PRIMARY BARRIER.
* NOTE: PAD UNDER THE PLASTIC RING WITH GAUZE/COTTON BALLS & PLACE TRIAMCINOLONE OINTMENT ON AS WELL TO HELP PREVENT SKIN SORES.
* AN ALTERNATE TO WEARING THE PLASTIC RING & STRAPS IS THE SCROTAL RING. THE SCROTAL RING IS A SECOND BEST OPTION, AND IS ONLY TO BE PLACED ON IF THE PLASTIC RING IS CAUSING TOO MUCH DISCOMFORT OVER THE NEXT 2 WEEKS. THE SCROTAL RING IS ALSO TO BE WORN IF YOU HAD A SCROTAL TREATMENT AND UNTIL DAY 21.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT/ LEFT).

**DAY-8 TO DAY-21 AFTERNOON** *(CONTINUED)*

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS AFTERNOON***
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* WHAT YOU WILL **NOT** TAKE ***THIS AFTERNOON***
* NITROBID OINTMENT

1. **PAIN & DISCOMFORT**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT NOT TO DO THIS AFTERNOON**

* **DO NOT TAKE YOUR MEDROL DOSE PACK MEDICATION** (METHYL-PREDNISONE)). START TAKING THIS ON DAY-8
* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** CONSUME/DRINK ALCOHOL

**DAY-8 TO DAY-21 EVENING**

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS PUMPING
* **STEP 2:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 3:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 4:** FINGER ROLLING FILLER DOWN TO PENILE BASE AREA
* **STEP 5:** PENILE SHAFT MASSAGING & SHAPING
* **STEP 6:** PENILE CURVE CORRECTION
* **STEP 7:** SCROTAL MASSAGE & SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **STEP 8:** BARRIER BREAK 10-15 MINUTES
* **STEP 9:** PLACE THE BARRIER BACK ON
* **STEP 10:** ALTERNATE PENIS POSITION

1. **RE-WRAP PROTOCOL**

* DAY 7/8 RE-WRAP PROTOCOL TO BE FOLLOWED EVERY 2-3 DAYS UNLESS INSTRUCTED OTHERWISE.

1. **BARRIER PROTOCOL**
   * *PLEASE REFER TO YOUR BARRIER PROTOCOL FOR ADDITIONAL INFORMATION*
   * **PLASTIC RING & STRAPS**

* KEEP ON WITH MODERATE TO HIGH TENSION.
* NOTE: WHEN THE WRAP IS CHANGED TODAY, YOU WILL PLACE THE PLASTIC RING & STRAPS ON WITH MODERATE TO HIGH TENSION AND NO LONGER USE THE LOOPED RUBBER BAND AND TIGHT HALF FOLD. THE PLASTIC RING & STRAPS WILL NOW BECOME YOUR PRIMARY BARRIER.
* NOTE: PAD UNDER THE PLASTIC RING WITH GAUZE/COTTON BALLS & PLACE TRIAMCINOLONE OINTMENT ON AS WELL TO HELP PREVENT SKIN SORES.
* AN ALTERNATE TO WEARING THE RING & STRAPS IS THE SCROTAL RING. THE SCROTAL RING IS A SECOND BEST OPTION, AND IS ONLY TO BE PLACED ON IF THE RING IS CAUSING TOO MUCH DISCOMFORT OVER THE NEXT 2 WEEKS. THE SCROTAL RING IS ALSO TO BE WORN IF YOU HAD A SCROTAL TREATMENT AND UNTIL DAY 21.
  + **TRY TO ALTERNATE SHAFT POSITION,** IF POSSIBLE, THROUGHOUT THE DAY, PLACING UPWARDS AND DOWNWARDS (NOT RIGHT OR LEFT).

**DAY-8 TO DAY-21 EVENING** *(CONTINUED)*

1. **MEDICATIONS & DIET PROTOCOL**

* *PLEASE REFER TO YOUR MEDICATIONS & DIET PROTOCOL FOR ADDITIONAL INFORMATION*
* *WHAT YOU WILL TAKE* ***THIS EVENING***
* TRIAMCINOLONE & BACITRACIN – PLACE ON GLANS
* PLACE TRIAMCINOLONE AND BACITRACIN OINTMENTS ON THE GLANS, THEN PLACE A PEA SIZE, VERY SMALL QUANTITY OF NITROBID, ON THE GLANS LAST AND SPREAD OUT EVENLY.
* TAKE A TYLENOL #4 PAIN MEDICATION TO HELP WITH NIGHTTIME ERECTIONS.
* WHAT YOU WILL **NOT** TAKE ***THIS AFTERNOON***
* MEDROL DOSE PACK (METHYL-PREDNISONE)- DO NOT TAKE UNTIL TOMORROW (DAY 8).

1. **PAIN & DISCOMFORT**

* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*
* **FOR GENERAL PAIN & DISCOMFORT:**
* FOR MILD & MODERATE PAIN & DISCOMFORT
* USE ICE PACKS FIRST FOR PAIN AND DISCOMFORT. ICE PACKS CAN BE PLACED 30-MINUTES ON AND THEN 30-MINUTES OFF UNTIL YOU HAVE RELIEF FROM THE DISCOMFORT.
* ALEVE OR ADVIL. USE AS PRESCRIBED ON BOTTLE.
* FOR SEVERE PAIN USE TYLENOL #4
* FOR ADDITIONAL COMFORT, APPLY ADDITIONAL TRIAMCINOLONE AND LIDOCAINE OINTMENTS ON SENSITIVE SKIN AREAS 2 X A DAY.

1. **WHAT NOT TO DO THIS AFTERNOON**

* **DO NOT** LEAVE YOUR **BARRIERS OFF** MORE THAN THE SPECIFIED BARRIER BREAK TIMES, WHICH ARE 10-15 MINUTES EVERY 4-6 HOURS WHILE AWAKE.
* **DO NOT** CONSUME/DRINK ALCOHOL
* AFTER CHANGING YOUR WRAP
* YOU ARE NOT TO PLACE THE TIGHT HALF FOLD AND LOOPED RUBBER BAND AT BASE
* NO MORE BLUE PRE-WRAP AND ADDITIONAL BROWN STRETCH GAUZE IS PLACED ON THE PENILE SHAFT.
* DO NOT REFILL YOUR MEDICATION (EXCEPT YOUR TOPICAL OINTMENTS AND CREAMS) UNLESS INSTRUCTED TO DO SO.

**DAY-22-90 RETAINER WRAP**

WHAT YOU ARE **TO-DO** TODAY:

1. **PHOTOS AND COMMENTS**

* PHOTOS ARE TO BE DONE ***WEEKLY*** (NOT DAILY) AND SENT TO THE **GROUP MESSAGE**.
* THIS IS CRITICAL FOR EVALUATION AND OPTIMAL RESULTS.
* YOU WILL ALSO CONTINUE TO TAKE PHOTO MEASUREMENTS OF THE PENILE SHAFT GIRTH OR THICKNESS WITH THE PAPER-TAPE MEASURE PROVIDED TO YOU IN YOUR BLUE TO-GO BAG. SEND PHOTOS WITH AND WITHOUT THE TAPE MEASURE ON, IN THE FLACCID (SOFT) AND ERECT STATES, TWICE WEEKLY FOR THE NEXT TWO WEEKS, TILL ABOUT DAY-35, SO WE CAN QUANTIFY YOUR RESULTS.

1. **MASSAGING & SHAPING PROTOCOL**

* PLEASE REFER TO THE *MASSAGING & SHAPING PROTOCOL PAPERWORK AND VIDEO* FOR ADDITIONAL INFORMATION.
* **STEP 1:** GLANS SHAPING *(DO THIS IF YOU HAD THE GLANS TREATED)*
* **STEP 2:** FINGER PRESSURE BEHIND GLANS BULGE AREA
* **STEP 3:** FINGER ROLLING FILLER DOWN TO PENILE BASE AREA
* **STEP 4:** PENILE SHAFT SHAPING
* **STEP 5:** PENILE CURVE CORRECTION
* **STEP 6:** SCROTAL SHAPING (IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT)
* **NO MORE BARRIERS ARE ON AT THIS TIME**
* **NO MORE ALTERNATION OF THE PENILE SHAFT POSITION IS NEEDED**

1. **RETAINER WRAP PROTOCOL: FROM DAY 22 TO DAY-90**

* PLEASE REFER TO YOUR DAY-22-DAY-90 PROTOCOL FOR ADDITIONAL INFORMATION
* THIS IS A SIMPLE LOW TENSION BROWN STRETCH GAUZE WRAP OF THE PENILE SHAFT TO BE WORN 12-18 HOURS A DAY
* IF THE BROWN STRETCH GAUZE IRRITATES THE SKIN, PLACE EITHER BACITRACIN OINTMENT ON OR WHITE GAUZE OR BLUE PRE-WRAP ON FIRST FOR COMFORT.
* THE PURPOSE OF THIS WRAP IS TO PREVENT COLLAGEN SHIFTING OVER THE NEXT 60 DAYS, AND MAINTAIN BALANCE & FORM
* PLACE A THIN COAT OF BACITRACIN OINTMENT ON THE PENILE SHAFT SKIN IF THE BROWN STRETCH GAUZE CAUSES SKIN IRRITATION.
* THE PURPOSE OF THIS WRAP IS TO HELP MAINTAIN SHAPE, AND PREVENT ANY UNCONVERTED FILLER FROM SHIFTING AND CAUSING ANY ASYMMETRIC AREAS (BUMPS AND LUMPS).

1. **BARRIER PROTOCOL**
   * *THERE ARE NO MORE BARRIERS TO BE PLACED ON*
2. **MEDICATIONS & DIET PROTOCOL**

* *IF THERE IS A SKIN SORE OR ULCER THAT IS STILL HEALING, CONTINUE STRICT PROTOCOL WITH WASHING AT LEAST ONCE DAILY WITH SOAP AND WATER, THEN PAT DRY, THEN PLACE BACITRACIN OINTMENT ON, THEN A BAND-AID. FOLLOW THIS PROTOCOL UNTIL ALL HAS HEALED.*
* *THERE IS NOT NEED TO REFILL MEDICATION UNLESS DIRECTED TO DO SO.*

1. **PAIN & DISCOMFORT**

* *THERE SHOULD BE NO DISCOMFORT AT THIS TIME UNLESS THERE IS A SKIN SORE.*
* *PLEASE REFER TO YOUR PAIN & DISCOMFORT PROTOCOL FOR ADDITIONAL INFORMATION*

1. WHAT YOU ARE **NOT TO DO** TODAY:

* YOU ARE NOT TO WEAR THE RING & STRAPS NOR THE SCROTAL RING ANY LONGER

**YOU MAY CONSUME ALCOHOLIC BEVERAGES AND RESUME FULL EXERCISE ACTIVITIES.**

**MISCELLANEOUS INFORMATION / REVIEW**

* THIS **PATIENT TO DO LIST** APPLIES TO ALL PATIENTS WHO HAVE HAD A PENILE SHAFT FILLER TREATMENT. IF YOU HAD ONLY A SCROTAL TREATMENT, OR ONLY A GLANS TREATMENT, OR ONLY A CIRCUMCISION TREATMENT, MOST OF THIS INFORMATION INCLUDING *THE WRAP PROTOCOL* ***DOES NOT APPLY*.** PLEASE READ THE SEPARATE PATIENT DAILY TO DO LIST PAPERWORK FOR **SCROTAL, GLANS, AND CIRCUMCISION TREATMENTS**.
* THIS FORM, AND ADDITIONAL PAPERWORK (AND VIDEOS IF AVAILABLE), WILL PROVIDE GENERAL INFORMATION ON WHAT YOU NEED TO DO ON A DAILY BASIS AFTER YOUR PROCEDURE.
* PLEASE REVIEW ANY ADDITIONAL VIDEOS AVAILABLE ON THE LORIAMEDICA.COM WEBSITE, AND, IN ADDITION, WRITTEN DETAILED INFORMATION ON CERTAIN SUBJECTS THAT ARE TOUCHED UPON IN THIS **PATIENT DAILY TO DO LIST** PAPERWORK (AND VIDEO), SUCH AS ***MEDICATIONS & DIET PROTOCOL & DIET PROTOCOL, RE-WRAP PROTOCOL SHORT AND LONG FORMS, FREQUENTLY ASKED QUESTIONS, PAIN & DISCOMFORT, AND MASSAGE AND SHAPING*** HAVE BEEN PROVIDED.
* WHILE YOU ARE AT THE LOCAL PHARMACY IN YOUR CITY, REVIEW YOU **PHARMACY SHOPPING LIST** SO YOU CAN PICK UP ALL OF YOUR PRESCRIPTION AND NON-PRESCRIPTION ITEM.
* **KEEP IN MIND THAT YOU WILL BE PROVIDED WITH REFILLS** ON ALL OF YOUR MEDICATIONS & DIET PROTOCOL (EXCEPT THE NARCOTIC PAIN MEDICATION), BUT **DO NOT REFILL** THESE MEDS UNLESS INSTRUCTED TO DO SO.
* IN CASE YOU ARE UNABLE TO PICK UP **NITROBID & TYLENOL #4 MEDICATIONS & DIET PROTOCOL**, THEN YOU WILL NEED TO CALL YOUR LOCAL PHARMACY AND HAVE THEM ORDER THE NITROBID AND TYLENOL #4. PLEASE ORDER THESE MEDICATIONS & DIET PROTOCOL. IT USUALLY TAKES 2-3 DAYS TO ARRIVE. LET’S SAY YOU DO NOT HAVE YOUR TYLENOL #4, AND IF PAIN OR DISCOMFORT WERE TO OCCUR, YOUR FIRST LINE OF PAIN TREATMENT STARTS WITH SIMPLE ICE PACKS, AND YOU CAN ADD ALEVE OR MOTRIN IF NEEDED, AND IF ADDITIONAL MEDICATIONS & DIET PROTOCOL ARE NEEDED, ADD LIDOCAINE CREAM AND TRIAMCINOLONE OINTMENT ON THE TENDER SKIN AREAS. THEN EVENTUALLY, AS YOUR LAST OPTION, USE THE TYLENOL #4 IF NOTHING ELSE WORKS, WHEN IT BECOMES AVAILABLE FROM THE PHARMACY.
* **STARTING IMMEDIATELY, YOU WILL TAKE LOOPED RUBBER BANDAID AND PLASTIC RING BREAKS** EVERY 4-6 HOURS FOR 10-15 MINUTES **ONLY** AND WHILE AWAKE. ON DAY –7 YOU WILL NO LONGER BE USING THE LOOPED RUBBER BAND, YOU WILL BE USING THE PLASTIC RING & STRAPS AS YOUR PRIMARY PENILE SHAFT BARRIER AND THIS NEEDS TO BE ON WITH MODERATE-HIGH LEVEL TENSION. YOU WILL CONTINUE TO TAKE PLASTIC RING BREAKS EVERY 4-6 HOURS WHILE AWAKE FOR 10-15 MINUTES. THE PURPOSE OF THIS IS TO PROVIDE RELIEF TO THE SKIN UNDER THE LOOPED RUBBER BAND, AND TO HELP PREVENT SKIN SORES OR ULCERS.
* **ALSO, STARTING IMMEDIATELY, YOU WILL PERFORM GLANS PUMPING BUT NEVER DURING YOUR 10-15 MINUTE LOOPED RUBBER BAND BREAKS**. THIS EXERCISE IS FOR THOSE WHO HAVE HAD A PENILE SHAFT FILLER TREATMENT. THE PURPOSE IS TO INCREASE CIRCULATION TO ASSIST IN HEALING. GLANS PUMPING SIMPLY INVOLVES SQUEEZING THE GLANS AND HOLDING IT WHILE SQUEEZING FOR 5 SECONDS, THEN RELEASE AND ALLOW THE BLOOD TO REFILL THE GLANS FOR A 30 SECOND PERIOD, THEN **REPEAT THE PROCESS**. DO THIS **5-10 TIMES**. PERFORM THIS EXERCISE PERIODICALLY THROUGHOUT THE DAY.
* **PLASTIC RING AND STRAPS** ARE TO BE WORN, FROM DAY-0 TO DAY-21. FROM DAY-0 TO DAY-7 THE PLASTIC RING WILL BE WORN WITH LOW TENSION. ON DAY-7 TO DAY 21 YOU WILL WEAR THE PLASTIC RING WITH **MODERATE TO HIGH TENSION**. THE RING HELPS PUSH THE PUBIC FAT PAD AWAY FROM THE PENILE BASE ALLOWING LESS STRESS ON THIS AREA. DO NOT AT ANY TIME PLACE THE RING DIRECTLY ON (TOUCHING) THE SKIN OTHERWISE YOUR SKIN WILL BECOME VERY IRRITATED. ALWAYS PLACE TRIAMCINOLONE OINTMENT ON THE PUBIC AND SCROTAL SKIN BEFORE PADDING THE AREA. ADD APPROPRIATE PADDING UNDER THE RING IF NEEDED, SUCH AS GAUZE OR COTTON, AND THEN PLACE YOUR UNDERWEAR ON THEN YOUR RING AND STRAPS. PLEASE NOTE THAT THE UNDERWEAR, WHEN PLACED ON BEFORE THE PLASTIC RING & STRAPS, WILL HELP PREVENT IRRITATION FROM THE STRAPS RUBBING ON THE LEGS.
* **PLASTIC RING INTERNAL DIAMETER:** THE PLASTIC RING SHOULD FIT ‘**SNUG’** (OR **LIGHTLY TOUCHING** THE PENILE SHAFT) ON THE PENILE SHAFT BASE. IF THE INTERNAL DIAMETER (OR HOLE) OF THE PLASTIC RING IS TOO SMALL OR TOO LARGE THEN ADJUST. PLACE BROWN STRETCH GAUZE AROUND THE RING TO SHRINK DOWN THE HOLE SIZE. WRAP THE GAUZE AROUND THE RING PORTION UNTIL THE DESIRED SIZE IS REACHED. THE IDEA IS TO REDUCE THE INTERNAL DIAMETER OF THE PLASTIC RING SO IT ***FITS SNUG*** ON THE BASE OF THE PENILE SHAFT.
* **PLASTIC RING:** THIS IS TO BE WORN FROM DAY 0 TO DAY-21. THIS IS A VERY IMPORTANT BARRIER. YOU ARE TO TAKE 10-15 MINUTE BREAKS WITH THIS RING AS WELL. SO, WHEN YOU TAKE A LOOPED RUBBER BAND(OR PLASTIC RING) BREAK, YOU CAN SIMPLY LOOSEN THE STRAPS ON THE PLASTIC RING AND THIS WILL RELIEVE THE PRESSURE FOR YOU BREAK TIME.
* **SCROTAL RING:** THIS IS ONLY TO BE USED AS AN ALTERNATE BARRIER IF THE PLASTIC RING BECOMES TOO UNCOMFORTABLE TO WEAR. THIS IS NOT SUPERIOR TO THE PLASTIC RING. THE SCROTAL RING IS PLACED ON THE PENILE SHAFT AND UNDER THE SCROTUM OR UNDER THE TESTICLES. TRIAMCINOLONE OINTMENT WILL NEED TO BE PLACED THE SKIN FIRST, THEN PLACE THE SCROTAL RING, THEN ADD SOME COTTON BALLS UNDER THE FRONT SIDE OF THE SCROTAL RING FOR COMFORT. THIS IS TO BE WORN UNTIL DAY-21. YOU WILL TAKE 10-15 MINUTE RING BREAKS EVERY 4-6 HOURS.
* **DAILY SELF EVALUATION** OF PUBIC, GROIN, AND SCROTAL AREAS. LOOK FOR SIGNS OF FILLER MATERIAL MOVEMENT SUCH AS SWELLING OR PUFFINESS IN THESE AREAS. SOME FILLER IS EXPECTED TO MIGRATE INTO THE PUBIC & SCROTAL AREAS AND CAUSE MILD TO MODERATE DISCOMFORT, HOWEVER, IF SWELLING IS OBSERVED TIGHTEN THE HALF FOLD (OR PLASTIC AND SCROTAL RINGS) JUST A SMALL AMOUNT. SEND PHOTOS OF THE SWOLLEN AREAS AND NOTIFY THE LORIA MEDICAL STAFF VIA GROUP TEXT MESSAGING.
* **TAKE YOUR PAIN MEDICATION WHEN YOU HAVE PAIN**. PAIN MEDICATION IS SAFE TO TAKE WHEN TAKEN AS DIRECTED, BUT CAN BE DANGEROUS IF NOT TAKEN AS DIRECTED. DO NOT DRIVE WHILE TAKING YOUR PAIN MEDICATION. PLEASE USE YOUR PAIN MEDICATIONS & DIET PROTOCOL WHEN NEEDED. THEY ARE GIVEN TO PROVIDE COMFORT AND ALLOW YOU TO WEAR THE WRAP, PLASTIC RING, AND SCROTAL RING AS INSTRUCTED.
* **SKIN DISCOMFORT:** YOU CAN MIX BOTH LIDOCAINE & TRIAMCINOLONE OINTMENT TOGETHER AND PLACE ON ANY AREAS OF DISCOMFORT OR SORENESS (EX: GLANS, PUBIC REGION, SCROTAL AREA, AND PENILE BASE). TRIAMCINOLONE IS NOT TO BE PLACED ON OPEN CUTS, JUST INTACT SKIN.
* **LESS THAN OPTIMAL RESULTS WILL OCCUR IF YOU DO NOT FOLLOW INSTRUCTIONS.**
* **IF YOU HAD THE GLANS TREATED**, BE READY FOR SOME BURNING PAIN IMMEDIATELY AFTER THE TREATMENT AND THIS PAIN MAY LAST A FEW HOURS. MOST PATIENTS GET SOME LEVEL OF PAIN, FROM MILD TO HIGH, SO BE PREPARED. THE BEST WAY TO TREAT THIS TYPE OF DISCOMFORT IS TO **PLACE ICE ON**. USE YOUR BAGGIE, SUPPLIED IN YOUR **BLUE TO-GO BAG**. FILL THE PLASTIC BAGGIE WITH WATER AND ICE, THEN PLACE ON AREA. THE PAIN WILL SUBSIDE IN 2-3 HOURS. IF ICE IS NOT AVAILABLE USE THE **TYLENOL #4**, OR **ALEVE/MOTRIN**…WHICHEVER IS AVAILABLE. ALSO, **LIDOCAINE CREAM & TRIAMCINOLONE OINTMENT** WILL HELP SOME, SO PLACE THIS ON THE GLANS LIBERALLY.
* **IT IS MANDATORY TO TAKE DAILY PHOTOS**, EVERY MORNING, AND SEND TO THE GROUP MESSAGE FOR EVALUATION. REMEMBER TO ADD COMMENTS ON HOW YOU ARE FEELING….EVEN IF IT IS ‘ALL FEELS FINE’. WHEN TAKING PHOTOS, YOU ARE TO TAKE PHOTOS AFTER YOU REMOVE THE WRAP (ON RE-WRAP DAYS), SO PHOTOS OF THE SKIN CAN BE TAKEN AND EVALUATED AS WELL. **AS AN OPTION ONLY**, USE THIS EMAIL ADDRESS IF TEXTING IS NOT AVAILABLE:INFO@LORIAMEDICAL.COM.
* **IN CASE OF AN EMERGENCY** CALL AND TEXT THE LORIA MEDICAL STAFF OR ONE OF THE MEDICAL ASSISTANTS LISTED ABOVE. IF CONTACT IS NOT MADE IN A REASONABLE TIME, REMOVE YOUR WRAP, TAKE A HOT SHOWER, AND FOLLOW YOUR REWRAP PROTOCOL. IF THIS DOES NOT RELIEVE THE PROBLEM THEN GO TO THE EMERGENCY ROOM IMMEDIATELY.
* **IT IS REQUIRED TO REVIEW THE VIDEOS** ON THE LORIAMEDICAL.COM WEBSITE. GO TO LORIAMEDICAL.COM, THEN SELECT THE PATIENT INFO TAB, THEN SELECT THE VIDEO SERIES TAB, THEN ENTER THE PASSWORD **loriamedicalwrap.** NOT ALL VIDEOS MAY BE UPDATED SO PLEASE REFER TO YOUR PAPERWORK.
* **PURPOSE OF WRAP:** THE WRAP PROVIDES SKIN PROTECTION, HELPS PENILE SHAPING, AND PREVENTS MOVEMENT AND LOSS OF FILLER MATERIAL INTO PUBIC AND/OR SCROTAL SKIN AREAS. MUST BE WORN AS DIRECTED. ***DO NOT MODIFY OR CHANGE THIS PROTOCOL UNLESS THE LORIA MEDICAL STAFF DIRECTS YOU TO DO SO.***
* **IF THE PENILE SHAFT *& GLANS* WERE TREATED** THE PROTOCOL **REMAINS THE SAME**
* THIS **TO-DO LIST** APPLIES TO ALL PATIENTS WHO HAVE HAD A **PENILE SHAFT (AND GLANS) FILLER** TREATMENT.
* **BARRIERS:** YOUR WRAP, IN ADDITION TO THE SIMPLE STRETCH GAUZE, WILL HAVE WHAT WE CALL CERTAIN **‘BARRIERS’.** THESE **BARRIERS,** OR AREAS THAT ARE ***TIGHT OR CONSTRICT*** (SUCH AS THE LOOPED RUBBER BAND& TIGHT HALF FOLD, THE PLASTIC RING, AND YOUR ALTERNATE SCROTAL RING IF USED) ***ARE ON TO PREVENT FILLER LOSS***. THE **BARRIERS** THAT WILL BE ON FOR THE ***FIRST 7-DAYS*** CONSIST OF A *LOOPED RUBBER BAND& TIGHT HALF FOLD*, WHICH WILL BE LOCATED ON THE PENILE BASE AREA, AND A *PLASTIC RING*, WHICH WILL BE LOCATED ON THE PENILE BASE AREA. ON DAY-7 YOU WILL STOP USING THE LOOPED RUBBER BAND& TIGHT HALF FOLD. NOW YOU WILL CONTINUE TO USE THE PLASTIC RING, BUT WITH MODERATE TO HIGH TENSION. THE **PLASTIC RING & STRAPS WILL CONTINUE TO** REMAIN ON UNTIL DAY 21. PLEASE NOTE THAT THE PLASTIC RING SHOULD BE ON WITH LOW TENSION FROM DAY 0-7, AND WITH HIGH TENSION FROM DAY 7-21. **PADDING (GAUZE OR COTTON BALLS**) SHOULD BE PLACED UNDER THE PLASTIC RING FOR COMFORT AND TO *HELP PREVENT SKIN SORES/ULCERS*.