**GENERAL COMMENTS**

* **YOU ARE NOT TO START YOUR MEDROL DOSE PACK (METHYL-PREDNISONE) UNTIL DAY 8**
* PLEASE READ PAPERWORK TITLED ***PATIENT DAILY TO DO LIST*** AS WELL FOR REFERENCE
* **DO NOT INGEST ALCOHOL** FOR 21-FULL DAYS AFTER PROCEDURE DUE TO POTENTIAL MEDICATION REACTIONS.

* IF YOU ARE CURRENTLY ON PAIN MEDICATIONS/NARCOTICS/SEDATIVES OTHER THAN WHAT DR LORIA PERSCRIBED TO YOU, DO NOT TAKE THE PRESCRIBED PAIN MEDICATIONS (TYLENOL #4 ALSO CALLED ACETAMINOPHEN & CODEINE), OR ANY PAIN KILLER NARCOTIC, **UNLESS INSTRUCTED TO BY DR**. **LORIA**
* IT IS RECOMMENDED TO ***TAKE 1 (OR 2 IF NEEDED) PRESCRIBED PAIN TABLETS AT BEDTIME, SUCH AS THE TYLENOL #4***. THIS WILL HELP MINIMIZE DISCOMFORT AT NIGHT DUE TO FREQUENT INVOLUNTARY ERECTIONS. ALWAYS TAKE AT LEAST ONE STOOL SOFTNER PILL WITH EACH PAIN PILL TO PREVENT CONSTIPATION. YOU CAN ALSO TAKE **ALEVE (NAPROXEN)** IF YOU DO NOT WANT TO TAKE A NARCOTIC.
* **PLEASE USE Q-TIP** TO APPLY ALL CREAMS AND OINTMENTS (***ESPECIALLY NITROBID***). THE Q-TIP IS VERY HELPFUL TO APPLY MEDICATIONS UNDER THE WRAP (SUCH AS TRIAMCINOLONE AND LIDOCAINE CREAM IF NEEDED), IF THERE IS PAIN AT THE BASE LIKE UNDER THE LOOPED RUBBER BAND AREA OR NEAR THE GLANS, ETC.
* **DO NOT REFILL YOUR ANTIBIOTICS (CEPHALEXIN & METRONIDAZOLE), PREDNISONE, OR MEDROL DOSE PACK MEDICATIONS** UNLESS DR LORIA SPECIFICALLY REQUESTS YOU TO DO SO.
* **DIABETIC PATIENTS –** PLEASE NOTE THAT THE STEROID PILLS, SUCH AS PREDNISONE OR MEDROL DOSE PACKS, OR THE TOPICAL STEROID OINTMENTS SUCH AS TRIMACINOLONE, WILL INCREASE YOUR BLOOD SUGAR. IF NEEDED, PLEASE DISCUSS THIS WITH YOUR ENDOCRINOLOGIST FOR PROPER ADJUSTMENTS IN YOUR DIABETIC MEDICATIONS.
* **TAKE ALL MEDICATIONS AS PRESCRIBED**

**MEDICATIONS TO PREVENT INFECTION**

* **KEFLEX** (*CEPHALEXIN*) IS A PRESCRIPTION ANTIBIOTIC. A 3 DAY SUPPLY IS PROVIDED.
* ***DIRECTIONS*: CEPHALEXIN 500MG:** TAKE 2 CAPSULES BY MOUTH 3 TIMES A DAY FOR 3 DAYS (REFILL ONLY IF INSTRUCTED).
* ***IF ALLERGIC TO KEFLEX***: YOU WILL BE GIVEN AN ALTERNATE ANTIBIOTIC CALLED **BACTRIM DS***.*
* ***DIRECTIONS*: BACTRIM DS:** TAKE 1 TABLET BY MOUTH 2 X TIMES A DAY FOR 3 DAYS (REFILL ONLY IF INSTRUCTED).
* **METRONIDAZOLE** *(FLAGYL*)IS A PRESCRIPTION ANTIBIOTIC. A 3 DAY SUPPLY IS PROVIDED.
* ***DIRECTIONS:*** **METRONIDAZOLE 500MG**: TAKE 2 TABLETS BY MOUTH 3 TIMES A DAY FOR 3 DAYS (REFILL ONLY IF INSTRUCTED)
* MAY CAUSE **STOOL OR URINE DISCOLORATION.**
* ***IF ALLERGIC TO METRONIDAZOLE*:** YOU WILL BE GIVEN ANALTERNATE ANTIBIOTIC, WHICH IS **CLINDAMYCIN.**
* ***DIRECTIONS:*** **CLINDAMYCIN 300MG**: TAKE 2 TABLETS BY MOUTH THREE TIMES DAILY FOR 3 DAYS (REFILL ONLY IF INSTRUCTED)
* **ACYCLOVIR –** THIS MEDICATION *WILL BE PRESCRIBED* IF YOU HAVE AN **ACTIVE *HERPES INFECTION***

**MEDICATIONS FOR SWELLING & INFLAMMATION**

* **ICE BAG**
* THE PLACEMENT OF A BAGGIE FILLED WITH ICE IS VERY HELPFUL FOR SWELLING AND PAINFUL AREAS, ESPECIALLY DURING THE FIRST 3 DAYS AFTER THE TREATMENT
* YOU CAN ALWAYS USE AN ICE BAG (BAGGIE) FOR TENDER & PAINFUL SKIN AREAS, IN ADDITION TO THE PAIN MEDICATIONS LISTED BELOW.
* **PREDNISONE** IS PRESCRIPTION MEDICATION FOR SWELLING. A 3-DAY SUPPLY IS PROVIDED. TAKE 2 TABLETS 3 X A DAY FOR 3 DAYS.
* ***DIRECTIONS: PREDNISONE 10*MG:** TAKE 2 CAPSULES BY MOUTH 3 TIMES A DAY FOR 3 DAYS (REFILL ONLY IF INSTRUCTED).
* ***DIABETIC PATIENTS:*** THE DOSE WILL BE REDUCED TO 30MG, OR 3 TABLETS PER DAY (INSTEAD OF 60MG PER DAY).
* YOU WILL TAKE ***ONE TABLET 3 X A DAY FOR 3 DAYS***.
* YOUR SUGAR LEVELS WILL RISE, PLEASE MONITOR MORE FREQUENTLY AND ADJUST INSULIN DOSAGE ACCORDINGLY. NOTIFY YOUR ENDOCRINOLOGIST THAT YOU WILL BE ON PREDNISONE 30MG PER DAY FOR 3 DAYS.
* **MEDROL DOSE PACK (ALSO CALLED METHYL-PREDNISONE)**: ***THIS MEDICATION IS TO BEGIN ON DAY-8***.
* THIS IS AN ANTI-INFLAMMATORY FOR SWELLING. A 6-DAY SUPPLY IS PROVIDED. THE MEDICATION IS TAKEN LIKE THIS: 6 TABLETS ON THE FIRST DAY (2 TABLETS 3 X A DAY), THEN THE NEXT DAY YOU TAKE 5 TABLETS (2 TABLETS IN AM, 2 FOR LUNCH, AND 1 AT BEDTIME), THEN THE NEXT DAY YOU TAKE 4 (2 IN AM, 2 IN PM), THEN THE NEXT DAY TAKE 3, THEN THE NEXT DAY 2, THEN THE FINAL DAY TAKE 1 TABLET.
* ***DIABETIC PATIENTS:*** YOUR SUGAR LEVELS MAY RISE, PLEASE MONITOR MORE FREQUENTLY AND ADJUST YOUR INSULIN DOSAGE ACCORDINGLY. NOTIFY YOUR ENDOCRINOLOGIST - MEDICATION FOR 6 DAYS.
* **TRIAMCINOLONE OINTMENT**
* A TOPICAL STEROID OINTMENT THAT **PREVENTS SKIN SORES**, **SKIN ULCERS**, **SKIN IRRITATION** AND **ITCHINESS**.
* PRESCRIPTION AND REFILLS PROVIDED
* THIS IS ALSO USED WITH THE NITROBID ON THE **GLANS** ONCE DAILY.
* DURING YOUR RE-WRAP TIME…AFTER YOUR HOT SHOWER, AND AFTER THE TOE PAD HAS BEEN PLACED JUST UNDER THE GLANS ON THE UNDERSIDE OF THE SHAFT, YOU WILL PLACE A **MODERATE AMOUNT** OF THIS MEDICATION ON THE **ENTIRE PENILE SHAFT**, **GLANS**, **PUBIC** AND **SCROTAL** **SKIN AREAS**, THEN YOU WILL PROCEED WITH YOUR RE-WRAP INSTRUCTIONS.

**MEDICATIONS FOR PAIN & DISCOMFORT**

* **ICE BAG**
* EVEN THOUGH AN ICE BAG IS NOT A MEDICATION, IT WILL HELP. THE PLACEMENT OF A BAGGIE FILLED WITH ICE IS VERY HELPFUL FOR TENDER & PAINFUL AREAS.
* **BARRIER BREAKS**
* EVEN THOUGH THIS IS NOT A MEDICATION, IT IS MENTIONED HERE TO **REMIND YOU** THAT IT IS ABSOLUTELY NECESSARY TO TAKE BARRIER BREAKS FOR 10-15 MINUTES EVERY MORNING, AFTERNOON, AND EVENING
* IF BARRIER BREAKS ARE NOT TAKEN THE SKIN UNDERNEATH THAT LOOPED RUBBER BAND, OR PLASTIC RING, OR SCROTAL RING, WILL BECOME VERY IRRITATED AND BEGIN TO FORM A SKIN SORE OR ULCER….AND THIS WILL BE THE **MAJOR CAUSE OF PAIN DURING THIS WHOLE PROCEDURE**.
* **ALEVE**
* (NAPROXEN) OR **ADVIL** (IBUPROFEN) CAN BE USED FOR MILD TO MODERATE PAIN OR DISCOMFORT.
* FOLLOW USAGE DIRECTIONS ON BOTTLE. THIS CAN BE PURCHASED AT YOUR LOCAL PHARMACY.
* **TYLENOL #3 OR #4**
* (*ACETAMINOPHEN & CODEINE*) IS A NARCOTIC PRESCRIPTION MEDICATION FOR SEVERE PAIN.
* PRESCRIPTION PROVIDED. TAKE AS NEEDED, FOLLOW INSTRUCTIONS ON BOTTLE.
* THIS MEDICATION MAY CAUSE **CONSTIPATION.** TAKE STOOL SOFTENER WITH THIS MEDICATION. THE **STOOL SOFTENER** IS PROVIDED IN YOUR TAKE HOME BAG.
* **STOOL SOFTNER**
* THIS IS TO RELIEVE CONSTIPATION: TAKE ONE CAPSULE **WITH EACH TYLENOL #4** TABLET TAKEN FOR PAIN
* **PERCOCET, PERCODAN** OR **VICODIN**
* MAY BE PRESCRIBED FOR PAIN AND IS A SUBSTITUTE FOR TYLENOL #4... TAKE AS NEEDED, INSTRUCTIONS ON BOTTLE.
* **TRIAMCINOLONE OINTMENT**
* A TOPICAL STEROID OINTMENT THAT **PREVENTS SKIN SORES**, **SKIN ULCERS**, **SKIN IRRITATION** AND **ITCHINESS**.
* PRESCRIPTION AND REFILLS PROVIDED
* THIS IS ALSO USED WITH THE NITROBID ON THE **GLANS** ONCE DAILY.
* DURING YOUR RE-WRAP TIME…AFTER YOUR HOT SHOWER, AND AFTER THE TOE PAD HAS BEEN PLACED JUST UNDER THE GLANS ON THE UNDERSIDE OF THE SHAFT, YOU WILL PLACE A **MODERATE AMOUNT** OF THIS MEDICATION ON THE **ENTIRE PENILE SHAFT**, **GLANS**, **PUBIC** AND **SCROTAL** **SKIN AREAS**, THEN YOU WILL PROCEED WITH YOUR RE-WRAP INSTRUCTIONS.
* **EMLA OR LIDOCAINE CREAM**
* A TOPICAL ANESTHETIC CREAM USED ON AREAS OF **SKIN FOR PAIN AND DISCOMFORT**
* PRESCRIPTION AND REFILLS PROVIDED
* PLACE ON GLANS OR HEAD OF PENIS, AND PENILE BASE IF THERE IS PAIN

**MEDICATION FOR SKIN SORES & SKIN ULCERS**

* **ANY SKIN SORE OR ULCER** **THAT DEVELOPS**
* IF A SKIN SORE OR ULCER DEVELOPS ON THE PENILE OR SCROTAL SKIN NEEDS TO BE WASHED AT LEAST ONCE DAILY WITH SOAP & WATER, THEN PAT DRY WITH A CLEAN TOWEL, TAKE PHOTOS, THEN BACITRACIN OINTMENT IS PLACED ON LIBERALLY, THEN A BAND-AID IS PLACED.
* IF THE SKIN SORES ARE SEVERE, DR LORIA MAY HAVE YOU TAKE HOT EPSON SALT BATHS FOR 45-60 MINUTES EVERY OTHER DAY IN ADDITION TO THE ABOVE.
* **BACITRACIN OR TRIPLE ANTIBIOTIC OINTMENT**
* THIS IS A TOPICAL **ANTIBIOTIC OINTMENT**.
* **BACITRACIN OINTMENT PACKETS** HAVE BEEN PROVIDED *IN YOUR BLUE TO-GO BAG*
* IT IS USED ON **OPEN CUTS** OR **SKIN ULCERS** TO ASSIST IN HEALING.
* **IF A SKIN SORE/ULCER DEVELOPS**
* 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.
* IT IS IMPERATIVE FOR ANY SKIN CUT OR ULCER TO REMAIN MOIST WITH BACITRICIN OINTMENT AT ALL TIMES FOR OPTIMAL HEALING.
* **HOT EPSOM SALT BATHS OR HOT TOWEL SOAKS**
* **DO NOT TAKE HOT EPSON SALT BATHS UNLESS INSTRUCTED BY DR LORIA**
* THIS SALT HELPS TREAT SKIN SORES OR SKIN ULCERS
* IF YOU DEVELOPED A SKIN ULCER, YOU MAY BE INSTRUCTED TO TAKE A HOT EPSOM SALT BATH/TOWEL SOAK EVERY OTHER DAY FOR 45-60 MINUTES
* HALF FOLD AND LOOPED RUBBER BAND(OR RING & STRAPS) ARE ONLY REMOVED FOR 10-15 MINUTES DURING THE BATH, THEN PLACED BACK ON, AND THE BATH WILL CONTINUE FOR ANOTHER 30 MINUTES.
* YOU PLACE ONE QUART (OR ONE LITER) OF EPSON SALT IN THE HOT TUB OF WATER AND ENTER HOT TUB FOR 45-60 MINUTES (OR ONE CUP OF SALT IN A SINK FULL OF HOT WATER AND PLACE TOWEL ON AREA).
* IT HAS HEALING QUALITIES AND CAN ASSIST IN OPTIMAL HEALING OF SKIN SORES AND ULCERS
* IF A CUT DEVELOPS DURING **THE FIRST 7 DAYS AFTER YOUR FILLER TREATMENT**, YOU WILL NEED TO *CHANGE YOUR WRAP DAILY*, AND LIMIT YOUR SOAP AND WATER WASHING, AND BACITRACIN OINTMENT PLACEMENT ON THE SKIN CUT AREAS TO ONCE PER DAY.
* IF THE SKIN CUT OR ULCER DEVELOPS AFTER THE FIRST 7 DAYS, YOU WILL WASH WITH SOAP AND WATER **2 X A DAY**, AND FOLLOW INSTRUCTIONS MENTIONED ABOVE.

**MEDICATION FOR TENDER OR ITCHY SKIN**

* **TRIAMCINOLONE OINTMENT**
* A TOPICAL STEROID OINTMENT THAT **PREVENTS SKIN SORES**, **SKIN ULCERS**, **SKIN IRRITATION** AND **ITCHINESS**.
* PRESCRIPTION AND REFILLS PROVIDED
* THIS IS ALSO USED WITH THE NITROBID ON THE **GLANS** ONCE DAILY.
* DURING YOUR RE-WRAP TIME…AFTER YOUR HOT SHOWER, AND AFTER THE TOE PAD HAS BEEN PLACED JUST UNDER THE GLANS ON THE UNDERSIDE OF THE SHAFT, YOU WILL PLACE A **MODERATE AMOUNT** OF THIS MEDICATION ON THE **ENTIRE PENILE SHAFT**, **GLANS**, **PUBIC** AND **SCROTAL** **SKIN AREAS**, THEN YOU WILL PROCEED WITH YOUR RE-WRAP INSTRUCTIONS.
* **EMLA OR LIDOCAINE CREAM**
* A TOPICAL ANESTHETIC CREAM USED ON AREAS OF **SKIN FOR PAIN AND DISCOMFORT**
* PRESCRIPTION AND REFILLS PROVIDED
* PLACE ON GLANS OR HEAD OF PENIS, AND PENILE BASE IF THERE IS PAIN

**MEDICATION TO INCREASE CIRCULATION & HEALING**

* **NITROBID OINTMENT**
* THIS IS A VASODILATOR WHICH HELPS INCREASE BLOOD FLOW. PRESCRIPTION PROVIDED.
* WHEN APPLYING THIS MEDICATION, FIRST APPLY THE TRIAMCINOLONE AND BACITRACIN OINTMENTS ON THE GLANS FIRST AND SPREAD EVENLY, **THEN** APPLY A VERY SMALL/TINY AMOUNTS OF THE NITROBID ONTO THE GLANS AND SPREAD OUT EVENLY. APPLY ONCE A DAY AT BEDTIME FOR 14 DAYS ONLY.
* MAY CAUSE HEADACHES, LIGHTHEADEDNESS, DIZZINESS, NAUSEA AND VOMITING.
* IF YOU HAVE A REACTION WITH THIS MEDICATION, LET DR LORIA KNOW AND **IMMEDIATELY STOP TAKING FOR 3 DAYS,** THEN RESUME BUT PLACE ON EVERY OTHER DAY, IN EVEN SMALLER AMOUNTS. **WARNINGS:**
* **NITROBID, THE PRESCRIPTION PROVIDED TO YOU BY DR LORIA, CANNOT BE TAKEN WITH ERECTILE DYSFUNCTION MEDICATIONS SUCH AS VIAGRA, CIALIS, LEVITRA, OR SIMILAR. THE COMBINATION MAY RESULT IN EXTREME BLOOD PRESSURE DROPS CAUSING LIGHTHEADEDNESS, DIZZINESS, AND FAINTING.**

**DIET**

* **TO ASSIST IN MAXIMAL COLLAGEN PRODUCTION**
* **FOLLOW PROTOCOL** AND ADD TO YOUR DIET **CRANBERRY JUICE** AND **SUNFLOWER SEEDS**.
* **SUNFLOWER SEEDS**
* INGEST TWO CUPS OF SHELLED UNSALTED SUN FLOWER SEEDS DAILY FOR 21 DAYS. THIS DIETARY ITEM WILL PROVIDE NUTRIENTS ESSENTIAL TO COLLAGEN PRODUCTION.
* **CRANBERRY JUICE**
* INGEST FOUR 8-OUNCE GLASSES OR CRANBERRY JUICE DAILY.
* THIS DIETARY ITEM WILL PROVIDE NUTRIENTS ESSENTIAL TO COLLAGEN PRODUCTION.
* IF YOU CANNOT TOLERATE CRANBERRY JUICE, SUBSTITUTE CRAN-APPLE, OR CRAN-PLUS ANOTHER FRUIT JUICE.
* **IF YOU CANNOT** EAT SUNFLOWER SEEDS AND OR CRANBERRY JUICE, THEN CONSIDER THE FOLLOWING ALTERNATES
* **VITAMIN C:** ESTER-C Tablets 1000mg/daily, CRANBERRY JUICE, or ORANGES
* **VITAMIN B3 OR NIACIN:** NIACIN TABLETS 100mg/daily, SUNFLOWER SEEDS, RED MEAT, PEANUTS, TUNA
* **COPPER:** COPPER TABLETS 6mg/daily, SUNFLOWER SEEDS, SESAME SEEDS, CASHEWS, PUMPKIN SEEDS, UNSWEETENED CHOCOLATE, ENRICHED CEREALS, AND BEEF LIVER.
* **AMINO ACIDS:** BRANCHED CHAIN AMINO ACID SUPPLEMENT, ANY MEAT, FISH, CHICKEN ETC.
* **MULTI-**MINERAL SUPPLEMENT, SUNFLOWER SEEDS, OTHER SEEDS.
* **B-**COMPLEX SUPPLEMENT, ANY MEAT, FISH, CHICKEN.
* **DO NOT EAT FAST FOODS** DURING THE FIRST 21 DAYS AFTER THE TREATMENT.
* **TRY NOT TO SMOKE** AT ALL DURING THE FIRST 21 DAYS AFTER THE TREATMENT.
* **DO NOT TAKE ANY ILLEGAL OR ILLICIT DRUGS**
* THESE MAY ACTUALLY CAUSE REMOVAL OF THE NEW COLLAGEN PRODUCTION. THIS INCLUDED COCAINE, AMPHETAMINES, OR INJECTABLES.
* **DO NOT DRINK ALCOHOL** UNTIL 21 DAYS AFTER YOUR TREATMENT.