**INTRODUCTION**

PAIN & DISCOMFORT MAY OCCUR AFTER ANY TREATMENT INCLUDING A **CIRCUMCISION**, **GLANS FILLER TREATMENT, SHAFT FILLER TREATMENT**, **SCROTAL FILLER TREATMENT**, OR ANY OTHER TREATMENTS OFFERED AT LORIA MEDICAL.

WHY DOES PAIN OCCUR? TYPICALLY ***INFLAMMATION AND SWELLING*** WILL OCCUR AFTER MOST TREATMENTS AND THESE ARE TWO MAIN SOURCES OF PAIN AND/OR DISCOMFORT. IN ADDITION, THE ***WRAP ITSELF,*** BEING TIGHT AT THE PENILE BASE ESPECIALLY AFTER HAVING A PENILE SHAFT FILLER TREATMENT, IS ANOTHER SOURCE OF DISCOMFORT.

HOW DO WE LIMIT THE AMOUNT OF PAIN OR DISCOMFORT? LISTED BELOW ARE SPECIFIC TREATMENTS. PLEASE REFER TO THE TREATMENT YOU HAD, AND **READ CAREFULLY**.

**GLANS DISCOMFORT & PAIN**

The Glans Filler treatment will, in most cases, cause immediate mild, moderate, or even severe discomfort and pain typically starts 30-60 minutes after the treatment. How does one remedy this?

* **Ice Pack:** Place ice in your baggie (which is supplied), add some water, and place the ice bag directly on top of the Glans. This is the best treatment for Glans discomfort. Place 30 minutes on and 30 minutes off. Do this as often as needed.
* **Lidocaine Cream:** This is a prescription that you may not have yet. Just before you left the office a staff member placed this medication on, however, this is typically not enough to decrease the discomfort, so it only helps a little.
* **Tylenol #4:** This pain medication is effective and may have been given for you to take immediately after the procedure. It is recommended to go to the pharmacy as soon as possible and pick up your prescription medications, including this pain killer and have readily available. Take 2 tablets every 3-4 hours. Do not exceed 6 tablets in a 24-hour time frame, and do not drive while on this medication.
* **Nitro-bid and TRIAMCINOLONE Ointment:** This medication is **NOT USED FOR PAIN**. Nitrobid is a medication that causes increased circulation and promotes healing, and is applied at bedtime only and with a very small pea-sized quantity. *This medication may actually cause some discomfort,* and if this occurs, make sure you are placing very small amount. It is recommended to place your TRIAMCINOLONE Ointment on the Glans first, then place the Nitrobid on after. TRIAMCINOLONE Ointment is used to help decrease skin inflammation and prevent skin sores and ulcers.

**PENILE SHAFT DISCOMFORT & PAIN**

The Penile Shaft Filler treatment as well as the Scrotal Treatment will **not,** in most casescause any immediate discomfort and/or pain. Typically discomfort and pain may result from the tight portion of the wrap at the base of the penile shaft (the tight Half Fold and Rubber Band), and this typically occurs several days after your treatment. Even if you were to have discomfort on the same day, or shortly after your procedure, the remedy will be the same. How does one remedy Penile Shaft discomfort and pain? (**The instructions below apply to Pain and Discomfort after Scrotal Treatments as well**).

* **Ice Pack:** Place ice in your baggie (which is supplied), add some water, and place the ice bag directly on the Penile Shaft. Place 30 minutes on and 30 minutes off. Do this as often as needed.
* **Lidocaine Cream and TRIAMCINOLONE Ointment:** These medications are typically used if the skin under the Half Fold and Rubber Band area begins to become irritated. If you see skin redness or feel skin irritation, or any skin discomfort, place these medications on. You can place both medications on with a Q-Tip and slide it under the wrap (temporarily remove the Rubber Band so the Q-Tip can get under easily), or if you are at the point to do a Re-Wrap, then place it on after the wrap is off.
* **Tylenol #4:** This pain medication is effective and may have been given for you to take immediately after the procedure. It is recommended to go to the pharmacy as soon as possible and pick up your prescription medications, including this pain killer, and have readily available. Take 1-2 tablets every 3-4 hours. Do not exceed 6 tablets in a 24-hour time frame, and do not drive while on this medication.
* **Bacitracin Ointment:** This medication IS **NOT USED FOR PAIN.** This medication is used on *open skin sores or cuts*. If you were to develop a skin sore or cut, you are to place a liberal (or a lot) of this medication on the skin cut (with a small amount of **Lidocaine Cream),** and then cover with a Band-Aid. TRIAMCINOLONE Ointment is **never** to be used on open skin cuts.
* **How to treat minor Skin Cuts/Sores:** Minor, relatively small skin cuts or sores may occur at the base of the Penile Shaft after prolonged use of the tight Half Fold and Rubber Band, or prolonged use of the Plastic Ring when it is on with high tension. These Skin cuts and sores are a source of pain and discomfort. Pain from skin cuts on the Penile Shaft base area caused by the tight Half Fold, Rubber Band, and/or Plastic Ring. It is remedied by taking a hot shower with soap and water, pat dry, take photos, and then placing Bacitracin Ointment with a small amount of Lidocaine Cream directly on the skin cut or sore. Lastly, place a Band-Aid to cover. You will need to do this every 24-48 hours, so your Re-Wraps will be done more frequently. In addition, you will need to decrease the amount of tension on the Half Fold (or Plastic Ring). If you have a skin cut from the Plastic Ring (the cut is typically found very low on the shaft and scrotal skin, and is directly under the Plastic Ring), the same protocol applies, but in addition, *you can add some gauze or cotton padding* under the Plastic Ring for additional comfort.
* **Skin Ulcer on Penile Shaft:** A Skin Ulcer is a larger and deeper skin cut. If a Skin Ulcer were to develop on the Penile Shaft, usually located on the front skin surface of the shaft, it typically does not result in pain, but there may be some minor discomfort. Skin ulcers on the Penile Shaft are rare, and are caused by too much inflammation caused by an aggressive reaction to the filler material. It is very important to take care of this Skin Ulcer in a **very specific way**. You are to take a hot shower with soap and water, pat dry, take photos, then place plenty of Bacitracin Ointment **Only** on the skin ulcer, then place Band-Aid to cover it. You will need to do this every 24-48 hours, so your Re-Wraps will be done more frequently. It is imperative for the Skin Ulcer to be moist with lots of Bacitracin Ointment on it at all times. If the Skin Ulcer is not moist, and is in contact with the air, it will heal too rapidly and not heal well.

**SCROTAL SKIN DISCOMFORT & PAIN**

Please read “**PENILE SHAFT DISCOMFORT & PAIN”….**the same directions apply.

**CIRCUMCISION DISCOMFORT & PAIN**

A Circumcision may result in some minor discomfort, but typically not pain. The key to healing well and minimizing any potential pain from a circumcision is to follow the instructions listed below.

* **Immediately After the Circumcision:** After your Circumcision the entire area was washed, then Bacitracin Ointment was placed on and then a tight Brown stretch Gauze wrap was placed. **This tight Brown Stretch Gauze wrap must not be taken off for 3-full day, or 72 hours**. If this is removed before 72 hours you risk hematoma formation (blood accumulating under the penile skin), and this may result in additional months of healing or even possible surgery to remove the hematoma.
* **Ice Pack:** If there is some discomfort during this 72 hour period, you can place ice in your baggie (which is supplied), add some water, and place the ice bag directly on the Penile Shaft. Place 30 minutes on and 30 minutes off. Do this as often as needed.
* **Tylenol #4:** If there is discomfort, you may use this medication. It is recommended to go to the pharmacy as soon as possible and pick up your prescription medications, including this pain killer, and have readily available. Take 1-2 tablets every 3-4 hours. Do not exceed 6 tablets in a 24-hour time frame, and do not drive while on this medication.

After 3-days, or 72 hours, post Circumcision, you may carefully take off the tight Brown Stretch Gauze and take a hot shower, washing the area with soap and water. Then pat dry, take some photos, and then place lots of Bacitracin Ointment on the stitch area. Next place clean white gauze to cover, and then place Brown Stretch Gauze on with moderate tension (not High Tension). After wrap has been completed take additional photos. This cleaning and changing of the wrap will need to be done every 24-48 hours. If discomfort develops at this stage you may use the following:

* **Lidocaine Cream:** This medication is very effective in controlling pain and discomfort from a Circumcision. After placing the Bacitracin Ointment on, then place copious amounts of the Lidocaine Cream and ‘mix it into the Bacitracin’. Then, you can place the clean white gauze on, and then the Brown Stretch Gauze on with moderate tension.
* **Tylenol #4:** If the topical Lidocaine Cream is not helping, you can take this medication in addition to applying the lidocaine cream topically.