**MASSAGING & SHAPING PROTOCOL:** **DAY-0 TO DAY-3** *OVERVIEW*

***(NOTE: MASSAGING & SHAPING STEPS LISTED BELOW ARE EXPLAINED IN MORE DETAIL ON PAGE 5)***

* **MASSAGING & SHAPING PROTOCOL SEQUENCE *IN ORDER FROM ‘TOP DOWN’*:**

1. **MASSAGING & SHAPING EXERCISES ARE DONE EVERY MORNING, AFTERNOON, AND EVENING**
2. **GLANS PUMPING** ……………………………………………………………..………………………………….……….……..(*START DAY-0 TO DAY-21*)
3. **GLANS SHAPING** *(IF YOU HAD A GLANS TREATMENT*)……………………………..…………………..…....…(*START DAY-0 TO DAY-21*)
4. **FINGER PRESSURE BEHIND PENILE SHAFT UNDER GLANS ‘BULGE’ AREA**…………………….(*START DAY-0 TO DAY-21*)
5. **PENILE CURVE CORRECTION** *(IF NEEDED)*…………………………………………………..………….…………...(START DAY-0 TO DAY-21)
6. **SCROTAL MASSAGE & SHAPING** (IF YOU HAD THE SCROTUM TREATMENT)………….…………...(START DAY-0 TO DAY-21)
7. **BARRIER REMOVAL FOR 10-15 MINUTES**

* ***REMOVE*** LOOPED RUBBER BAND ………………………….…….…………………………….…………….…….….(*START DAY-0 TO DAY-7)*
* ***REMOVE*** SCROTAL RING (IF YOU HAD A SCROTAL TREATMENT)……………..………………(START DAY-0 TO DAY-21)
* PLASTIC RING & STRAPS (ON WITH MILD TENSION – NO NEED TO REMOVE)…………………......(START DAY-0 TO DAY-21)

1. **MASSAGE SKIN ONLY LOCATED DIRECTLY UNDER ALL BARRIER AREAS**…………………….*(START DAY-0 TO DAY-21)*
2. **PLACE ALL BARRIERS BACK ON** ………………………………………………………………………………………....(*START DAY-0 TO DAY-21*)
3. **ALTERNATE PENILE SHAFT POSITION UPWARDS & DOWNWARDS IF POSSIBLE**………..(*START DAY-0 TO DAY-21*)

* **THE BARRIERS YOU WILL BE USING:**
* **DAY-0 TO DAY-3**
* **LOOPED RUBBER BAND & TIGHT HALF FOLD** – THIS IS YOUR PRIMARY PENILE SHAFT BARRIER (FOR 7 DAYS).
* **PLASTIC RING & STRAPS** WILL BE PLACED ON WITH***MILD TENSION*** – THIS IS A SECONDARY BARRIER (FOR 7 DAYS) AND HELPS KEEP THE PUBIC FAT PAD OFF OF THE PENILE SHAFT AND ‘OUT OF THE WAY’.
* **SCROTAL RING** IS YOUR PRIMARY SCROTAL BARRIER (FOR THE 21 DAYS). THIS IS WORN IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT. THIS SCROTAL RING HELPS PREVENTS FILLER LOSS.
* **PLEASE NOTE: MASSAGING, SHAPING, & GLANS PUMPING EXERCISES ARE NOT THE SAME**
* **MASSAGING** IS A TWO MINUTE LIGHT RANDOM FINGER TIP MASSAGE OF THE PENILE SHAFT. THE PURPOSE OF MASSAGING IS TO HELP ***MIX THE FILLER MATERIAL*** UNDER THE SKIN WHICH WILL *PROMOTE* ***VERY SMOOTH COLLAGEN PRODUCTION*.**
* **SHAPING** INVOLVES DIRECT FINGER *PRESSURE*, FINGER *ROLLING* MOTION WITH *PRESSURE*, CURVE CORRECTION, AND OTHER TECHNIQUES. THE PURPOSE OF SHAPING IS TO PROMOTE *BALANCE AND SYMMETRY*.
* **GLANS PUMPING** IS TO HELP INCREASE CIRCULATION AND PROMOTE HEALING
* **PLEASE REFER TO THE SHAPING VIDEO ONLINE - WWW.LORIAMEDICAL.COM**

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**MASSAGING & SHAPING PROTOCOL:** **DAY-4 TO DAY-7** *OVERVIEW*

***(NOTE: MASSAGING & SHAPING STEPS LISTED BELOW ARE EXPLAINED IN MORE DETAIL ON PAGE XXXX)***

* **MASSAGING & SHAPING PROTOCOL SEQUENCE *IN ORDER FROM ‘TOP DOWN’*:**

1. **MASSAGING & SHAPING EXERCISES ARE DONE EVERY MORNING, AFTERNOON, AND EVENING**
2. **GLANS PUMPING** ……………………………………………………………..………………………………….……….……..(*CONTINUE TO DAY-21*)
3. **GLANS SHAPING** *(IF YOU HAD A GLANS TREATMENT*)……………………………..…………………..…....…(*CONTINUE TO DAY-21*)
4. **FINGER PRESSURE BEHIND PENILE SHAFT UNDER GLANS ‘BULGE’ AREA**…………………….(*CONTINUE TO DAY-21*)
5. **PENILE SHAFT MASSAGING & SHAPING**…………………………………………………………..……………….(*START* ***DAY-4*** *TO DAY-21*)
6. **PENILE CURVE CORRECTION** *(IF NEEDED)*…………………………………………………..………….…………...(CONTINUE TO DAY-21)
7. **SCROTAL MASSAGE & SHAPING** (IF YOU HAD THE SCROTUM TREATMENT)………….…………...(CONTINUE TO DAY-21)
8. **BARRIER REMOVAL FOR 10-15 MINUTES**

* ***REMOVE*** LOOPED RUBBER BAND ………………………….…….…………………………….…………….…….….(*CONTINUE TO DAY-7)*
* ***REMOVE*** SCROTAL RING (IF YOU HAD A SCROTAL TREATMENT)……………..………………(CONTINUE TO DAY-21)
* PLASTIC RING & STRAPS (ON WITH MILD TENSION – NO NEED TO REMOVE)…………………......(CONTINUE TO DAY-21)

1. **MASSAGE SKIN ONLY LOCATED DIRECTLY UNDER ALL BARRIER AREAS**……………….*……(CONTINUE TO DAY-21)*
2. **PLACE ALL BARRIERS BACK ON** ………………………………………………………………………………………....(*CONTINUE TO DAY-21*)
3. **ALTERNATE PENILE SHAFT POSITION UPWARDS & DOWNWARDS IF POSSIBLE**………..(CONTINUE *TO DAY-21*)

* **THE BARRIERS YOU WILL BE USING:**
* **DAY-4 TO DAY-7**
* **LOOPED RUBBER BAND & TIGHT HALF FOLD** – THIS IS YOUR PRIMARY PENILE SHAFT BARRIER (FOR 7 DAYS).
* **PLASTIC RING & STRAPS** WILL BE PLACED ON WITH***MILD TENSION*** – THIS IS A SECONDARY BARRIER (FOR 7 DAYS) AND HELPS KEEP THE PUBIC FAT PAD OFF OF THE PENILE SHAFT AND ‘OUT OF THE WAY’.
* **SCROTAL RING** IS YOUR PRIMARY SCROTAL BARRIER (FOR THE 21 DAYS). THIS IS WORN IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT. THIS SCROTAL RING HELPS PREVENTS FILLER LOSS.
* **PLEASE NOTE: MASSAGING, SHAPING, & GLANS PUMPING EXERCISES ARE NOT THE SAME**
* **MASSAGING** IS A TWO MINUTE LIGHT RANDOM FINGER TIP MASSAGE OF THE PENILE SHAFT. THE PURPOSE OF MASSAGING IS TO HELP ***MIX THE FILLER MATERIAL*** UNDER THE SKIN WHICH WILL *PROMOTE* ***VERY SMOOTH COLLAGEN PRODUCTION*.**
* **SHAPING** INVOLVES DIRECT FINGER *PRESSURE*, FINGER *ROLLING* MOTION WITH *PRESSURE*, CURVE CORRECTION, AND OTHER TECHNIQUES. THE PURPOSE OF SHAPING IS TO PROMOTE *BALANCE AND SYMMETRY*.
* **GLANS PUMPING** IS TO HELP INCREASE CIRCULATION AND PROMOTE HEALING
* **PLEASE REFER TO THE SHAPING VIDEO ONLINE - WWW.LORIAMEDICAL.COM**

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**MASSAGING & SHAPING PROTOCOL:** **DAY-8 TO DAY-21** *OVERVIEW*

* **MASSAGING & SHAPING PROTOCOL SEQUENCE *IN ORDER FROM ‘TOP DOWN’*:**

1. **MASSAGING & SHAPING EXERCISES ARE DONE EVERY MORNING, AFTERNOON, AND EVENING**
2. **GLANS PUMPING** ……………………………………………………………..………………………………….……….……..(*START DAY-0 TO DAY-21*)
3. **GLANS SHAPING** *(IF YOU HAD A GLANS TREATMENT*)……………………………..…………………..…....…(*START DAY-0 TO DAY-21*)
4. **FINGER PRESSURE UNDER GLANS BULGE AREA**………………………….……………….….……………….(*START DAY-0 TO DAY-21*)

**FINGER ROLLING FILLER DOWN TO PENILE BASE AREA** *WHERE IT IS THIN OR NARROW*..(START **DAY-8** TODAY-21)

1. **PENILE SHAFT MASSAGING & SHAPING**…………………………………………………………..……………….(*START* ***DAY-4*** *TO DAY-21*)
2. **PENILE CURVE CORRECTION** *(IF NEEDED)*…………………………………………………..………….…………...(CONTINUE TO DAY-21)
3. **SCROTAL MASSAGE & SHAPING** *(IF YOU HAD THE SCROTUM TREATMENT)………………….…...(*START DAY-0 TO DAY-21)
4. **BARRIER REMOVAL FOR 10-15 MINUTES**

* LOOPED RUBBER BAND & TIGHT HALF FOLD IS ***NO LONGER USED***
* PLASTIC RING & STRAPS ARE ON WITH ***MODERATE TO HIGH TENSION***……………………..(START DAY-8 TO DAY-21)
* SCROTAL RING (IF YOU HAD A SCROTAL TREATMENT)……………..………………….…….….(CONTINUE TO DAY-21)

1. **MASSAGE SKIN LOCATED DIRECTLY UNDER ALL BARRIER AREAS**…………………….*…………(CONTINUE TO DAY-21)*
2. **PLACE ALL BARRIERS BACK ON** ………………………………………………………………………………………....(*CONTINUE TO DAY-21*)
3. **ALTERNATE PENILE SHAFT POSITION UPWARDS & DOWNWARDS IF POSSIBLE**………..(*CONTINUE TO DAY-21*)

* **THE BARRIERS YOU WILL BE USING:**
* **DAY-8 TO DAY-21**
* ***DO NOT*** WEAR THE LOOPED RUBBER BAND & TIGHT HALF FOLD ANY LONGER.
* **PLASTIC RING & STRAPS IS NOW YOUR PRIMARY PENILE SHAFT BARRIER**. NOW THIS PLASTIC RING IS PLACED ON WITH **MODERATE TO HIGH TENSION** –THIS IS YOUR PRIMARY PENILE SHAFT BARRIER UNTIL DAY-21.
* IF THE PLASTIC RING & STRAPS BEGIN TO HURT AFTER A FEW DAYS, SOMETIMES CAUSING A SKIN SORE BY THE UNDERSIDE OF PENILE SHAFT AND SCROTAL AREA, FIRST ATTEMPT TO PAD UP MORE, BUT IF THIS IS UNSUCCESSFUL YOU CAN USE THE ***SCROTAL RING AS A SUBSTITUTE OR ALTERNATIVE*** TO THE PLASTIC RING & STRAPS. KEEP IN MIND THAT THE SCROTAL RING MAY LEAVE AN INDENTATION IN THE SKIN AT THE PENILE BASE AREA. ALSO NOTE THAT THE SCROTAL RING IS PLACED OVER ***BOTH THE PENILE SHAFT AND SCROTUM*** (NOT JUST THE PENILE SHAFT).
* **SCROTAL RING** IS YOUR PRIMARY **SCROTAL BARRIER** UNTIL DAY-21. THIS IS WORN IF YOU HAD A SCROTAL ENLARGEMENT TREATMENT. THIS SCROTAL RING HELPS PREVENTS FILLER LOSS.
* **PLEASE NOTE: MASSAGING, SHAPING, & GLANS PUMPING EXERCISES ARE NOT THE SAME**
* **MASSAGING** IS A TWO MINUTE LIGHT RANDOM FINGER TIP MASSAGE OF THE PENILE SHAFT. THE PURPOSE OF MASSAGING IS TO HELP ***MIX THE FILLER MATERIAL*** UNDER THE SKIN WHICH WILL *PROMOTE* ***VERY SMOOTH COLLAGEN PRODUCTION*.**
* **SHAPING** INVOLVES DIRECT FINGER *PRESSURE*, FINGER *ROLLING* MOTION WITH *PRESSURE*, CURVE CORRECTION, AND OTHER TECHNIQUES. THE PURPOSE OF SHAPING IS TO PROMOTE *BALANCE AND SYMMETRY*.
* **GLANS PUMPING** IS TO HELP INCREASE CIRCULATION AND PROMOTE HEALING
* **PLEASE REFER TO THE SHAPING VIDEO ONLINE -** [**WWW.LORIAMEDICAL.COM**](http://WWW.LORIAMEDICAL.COM)
* TO VIEW THIS VIDEO, GO TO **LORIAMEDICAL.COM**, THEN SELECT VIDEO TAB, THEN ENTER THE PASSWORD **loriamedicalwrap** (ALL ONE WORD lower case).

**MASSAGING & SHAPING PROTOCOL:** **DAY-22 TO DAY-90** *OVERVIEW*

* **MASSAGING & SHAPING PROTOCOL SEQUENCE *IN ORDER FROM ‘TOP DOWN’*:**

1. **MASSAGING & SHAPING EXERCISES ARE DONE EVERY MORNING, AFTERNOON, AND EVENING**
2. **GLANS SHAPING** *(IF YOU HAD A GLANS TREATMENT*)……………………………..…….…....…(*CONTINUE TO DAY-90 IF NEEDED*)
3. **FINGER PRESSURE UNDER GLANS BULGE AREA**………………………….……………….…….(*CONTINUE TO DAY-90 IF NEEDED*)
4. **FINGER ROLL FILLER DOWN TO PENILE BASE AREA** *WHERE IT IS NARROW……….*(CONTINUE TO DAY-90 IF NEEDED)
5. **PENILE SHAFT SHAPING**…………………………………………………………..…………………………….(*CONTINUE TO DAY-90 IF NEEDED*)
6. **PENILE CURVE CORRECTION** *(IF NEEDED)*…………………………………………………..…………(CONTINUE TO DAY-90 IF NEEDED)
7. **SCROTAL SHAPING** *(IF YOU HAD THE SCROTUM TREATMENT)………..(CONTINUE TO DAY-90 IF NEEDED*)
8. **NO MORE BARRIERS ARE ON AT THIS TIME**
9. **NO MORE ALTERNATION OF PENILE SHAFT POSITION NEEDED**

* **DAY-22 TO DAY-90 PLACE RETAINER WRAP**
* THE RETAINER WRAP IS BROWN STRETCH GAUZE PLACED ON THE PENILE SHAFT WITH VERY LIGHT TENSION.
* YOU WEAR THIS RETAINER WRAP FOR 12-18 HOURS A DAY.
* THE REASON A RETAINER WRAP IS USED UNTIL DAY-90 IS TO PREVENT IMBALANCES OR ASYMMETRY FROM DEVELOPING.
* IF THE BROWN STRETCH GAUZE ‘STICKS’ TO THE SKIN, OR IRRITATES THE SKIN, THEN PLACE A VERY THIN COAT OF BACITRACIN OINTMENT ON (NOT TOO MUCH), AND THIS WILL HELP PREVENT THE SKIN IRRITATION.
* **PLEASE REFER TO THE SHAPING VIDEO ONLINE -** [**WWW.LORIAMEDICAL.COM**](http://WWW.LORIAMEDICAL.COM)
* TO VIEW THIS VIDEO, GO TO **LORIAMEDICAL.COM**, THEN SELECT VIDEO TAB, THEN ENTER THE PASSWORD **loriamedicalwrap** (ALL ONE WORD lower case).

**MASSAGING & SHAPING PROTOCOL: MORE DETAILS**

* **GLANS PUMP: (START DAY-0 TO DAY-21**
* PERFORM GLANS PUMPING **WITH BARRIERS ON**.
* GLANS PUMPING EXERCISES BEGIN IMMEDIATELY AFTER YOUR TREATMENT
* NOTE THAT **ALL EXERCISES**, INCLUDING GLANS PUMPING, NEED THE BARRIERS ON OTHERWISE YOU WILL LOSE FILLER MATERIAL. **EXCEPTION:** MASSAGING THE SKIN AREA UNDER THE BARRIERS DURING THE BARRIER BREAKS.
* GLANS PUMPING INVOLVES GRABBING THE GLANS (OR HEAD OF THE PENIS) AND GENTLY SQUEEZING AND HOLDING THAT IT THAT WAY FOR 5 SECONDS UNTIL ALL THE ‘BLOOD’ IS SQUEEZED OUT, THEN RELEASE WAITING 5-10 SECONDS FOR THE GLANS TO REFILL WITH BLOOD, THEN START OVER AGAIN AND REPEAT 5-10 TIMES.
* THE PURPOSE OF THIS IS TO HELP ***CIRCULATION AND PROMOTE HEALING***.
* **DO THIS EVERY MORNING, AFTERNOON, AND EVENING**.
* **GLANS SHAPING: (START DAY-0 TO DAY-90 IF NEEDED)**
* DO THIS IF YOU HAD A GLANS TREATMENT
* GLANS SHAPING EXERCISES BEGIN IMMEDIATELY AFTER YOUR TREATMENT
* NOTE THAT **ALL EXERCISES**, INCLUDING GLANS SHAPING, NEED THE BARRIERS ON OTHERWISE YOU WILL LOSE FILLER MATERIAL. **EXCEPTION:** MASSAGING THE SKIN AREA UNDER THE BARRIERS DURING THE BARRIER BREAKS.
* GENTLY PULL AND RUB THE SKIN OF THE GLANS TO SMOOTH OUT THE SURFACE.
* **DO THIS EVERY MORNING, AFTERNOON, AND EVENING**.

* **FINGER PRESSURE BEHIND GLANS BULGE AREA: (START DAY-0 TO DAY-21)**
* THERE IS A SKIN AREA ON THE UNDERSIDE OF THE PENILE SHAFT JUST UNDER THE GLANS…THIS AREA HAS THIN SKIN THAT LIKES TO ‘EXPAND’. THIS POTENTIAL EXPANSION NEEDS TO BE SUPPRESSED, OTHERWISE COLLAGEN WILL FORM THERE AND AN IMBALANCE (A BULGE) WILL DEVELOP.
* TO PREVENT THIS FROM HAPPENING WE PLACED TOE PADS THERE TO PROVIDE EXTRA PRESSURE ON THE AREA, BUT THIS MAY NOT BE ENOUGH.
* SO, CONSIDERING WE NEED ADDITIONAL ASSISTANCE TO PREVENT THIS BULGE FROM DEVELOPING, YOU WILL PLACE DIRECT FINGER PRESSURE ON IT. 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 (WHICH IS PRONE TO EXCESSIVE SWELLING AND BULGE FORMATION).
* REMEMBER: NEED TO HAVE YOUR **BARRIER ON WHILE MASSAGING, SHAPING, ETC.,** , WHETHER IT IS THE RUBBER BAND, PLASTIC RING & STRAPS, SCROTAL RING, ETC., OTHERWISE YOU CAN LOSE OR PHYSICALLY PUSH FILLER MATERIAL OUT INTO THE PUBIC AND SCROTAL AREAS.
* **MASSAGING THE PENILE SHAFT: (START DAY-3 TO DAY-21)**
* MASSAGING INVOLVES GENTLE MASSAGING WITH THE FINGER TIPS ON THE ENTIRE PENILE SHAFT. THE PURPOSE IS TO HELP KEEP THE FILLER ‘MIXED’ WHICH HELPS FORM SMOOTHER COLLAGEN PRODUCTION.
* YOU WILL START MASSAGING WITH MILD TO MODERATE TENSION FOR 2-3 MINUTES STARTING ON DAY-3 AND UNTIL DAY 21. THIS INCLUDES PENILE SHAFT MASSAGING.
* MASSAGING HELPS KEEP THE FILLER MATERIAL ‘MIXED’ AND THIS WILL HELP PRODUCE SMOOTH AND EVEN COLLAGEN.
* THIS WILL ALSO HELP WITH PENILE SHAPING, CIRCULATION AND DECREASE EDEMA OR SWELLING.
* PLEASE NOTE THAT MILD TENSION IS TO BE USED…..IF YOU PRESS TOO HARD YOU MAY CAUSE BLEEDING AND LOSS OF FILLER MATERIAL FROM THE NEEDLE POKE DR LORIA USED TO PLACE FILLER INTO THE PENILE SHAFT.
* THIS MASSAGING EFFORT WILL BE DONE EVERY 4-6 HOUR.
* DO THE MASSAGING IMMEDIATELY **AFTER** FINGER PRESSURE UNDER GLANS BULGE AREA IS FINISHED.
* REMEMBER: NEED TO HAVE YOUR **BARRIER ON WHILE MASSAGING, SHAPING, ETC**., , WHETHER IT IS THE RUBBER BAND, PLASTIC RING & STRAPS, SCROTAL RING, ETC., OTHERWISE YOU CAN LOSE OR PHYSICALLY PUSH FILLER MATERIAL OUT INTO THE PUBIC AND SCROTAL AREAS.
* **SHAPING THE PENILE SHAFT: (START DAY-3 TO DAY-21)**
* SHAPING INVOLVES MODERATE TO HIGH DIRECT FINGER PRESSURE, AND FINGER ROLLING MOTIONS ON ANY SKIN BULGING AREA. ALSO, BENDING OF THE PENILE SHAFT MAY BE NECESSARY TO CORRECT CURVATURES AND LARGE BULGING AREAS.
* PLEASE NOTE THAT IS IT IMPERATIVE TO OBSERVE THE SHAPE OF THE PENILE SHAFT ON A DAILY BASIS AND MAKE NECESSARY ADJUSTMENTS TO ASSIST IN CORRECTING IMBALANCES.
* FOR EXAMPLE, IF THERE IS A BUMP OR MORE MATERIAL MOVES TO ONE SIDE OF THE SHAFT YOU WOULD USE EITHER DIRECT FINGER PRESSURE AND HOLD FOR 10-15 SECONDS, AND/OR USE FINGER ROLLING MOTIONS TO MOVE FILLER TO THE SURROUNDING AREAS TO BALANCE OUT.
* BE AGGRESSIVE WITH SHAPING. DURING REWRAPS, YOU WILL BE ABLE TO DIRECTLY VISUALIZE THE SKIN FOR IMBALANCES. THIS IS A VERY IMPORTANT TIME TO TAKE NOTE AS TO WHERE THE IMBALANCES ARE, AND THEN CORRECTIVE ACTIONS CAN BE TAKEN AFTER YOU REWRAP.
* PERFORM THE SHAPING IMMEDIATELY **AFTER THE PENILE SHAFT MASSAGING** IS FINISHED. REMEMBER THAT THE BARRIER STAYS ON WHILE PERFORMING MASSAGING.
* YOU CAN SHAPE WITHOUT THE WRAP ON BUT JUST BE CAREFUL AND GENTLE ON THE SKIN.
* THIS SHAPING EFFORT WILL BE DONE EVERY 4-6 HOUR IMMEDIATELY **AFTER** THE MASSAGING AND ***BEFORE YOU REMOVE YOUR BARRIER*** (RUBBER BAND OR PLASTIC RING & STRAPS).
* REMEMBER: NEED TO HAVE YOUR **BARRIER ON WHILE MASSAGING, SHAPING, ETC**., , WHETHER IT IS THE RUBBER BAND, PLASTIC RING & STRAPS, SCROTAL RING, ETC., OTHERWISE YOU CAN LOSE OR PHYSICALLY PUSH FILLER MATERIAL OUT INTO THE PUBIC AND SCROTAL AREAS.
* **PRECAUTION: AFTER DAY-7**
* PLEASE NOTE THAT AFTER DAY-7 YOU WILL BE WEARING YOUR PLASTIC RING & STRAPS AS YOUR PRIMARY BARRIER. YOU WILL NOTICE THE VERY BASE OF THE PENILE SHAFT MIGHT BE MORE NARROW THAN THE REST OF THE SHAFT….THIS NEEDS TO BE ADDRESSED. YOU WILL APPLY FINGER ROLLING MOTIONS ON THE MID-SHAFT AREA TO ‘ROLL DOWN’ SOME OF THE FILLER INTO THIS THIN ZONE. THIS IS TO BE DONE WITH YOUR SHAPING PROTOCOL EVERY 4-6 HOURS AFTER DAY 7.
* **FINGER ROLLING TO MOVE FILLER TO PENILE SHAFT BASE: (START DAY-7 TO DAY-21 IF NEEDED)**
* THE PURPOSE OF THIS ***FINGER ROLLING*** EXERCISE IS TO GET FILLER DOWN TO THE VERY BASE OF THE PENILE SHAFT. DURING THE FIRST 7 DAYS, THE LOOPED RUBBER BAND AND TIGHT HALF FOLD *PREVENT FILLER FROM ENTERING THIS AREA*, BUT ON DAY-7, WHEN THE RUBBER BAND AND TIGHT HALF FOLD IS *REMOVED*, WE NOW HAVE THE OPPORTUNITY TO ‘MOVE’ FILLER DOWN TO THIS NARROW OR THIN PENILE SHAFT BASE AREA FOR BALANCE.
* THIS EXERCISE BEGINS ON DAY 7 BECAUSE THE LOOPED RUBBER AND TIGHT HALF FOLD ARE NO LONGER USED, NOW YOU HAVE YOU RING AND STRAPS ON. SINCE THE PLASTIC RING PLACES DIRECT PRESSURE ON THE PUBIC AREA, AND NOT THE PENILE SHAFT, FILLER CAN BE MOVED DOWNWARDS TO PREVENT THE BASE OF THE PENILE SHAFT FROM REMAINING MORE NARROW THAN THE REST OF THE SHAFT.
* **BARRIER BREAK 10-15 MINUTES EVERY 4-6 HOURS: (START DAY-0 TO DAY-21)**
* BARRIERS INCLUDE YOUR LOOPED RUBBER BAND, PLASTIC RING & STRAPS, AND THE SCROTAL RING.
* WHENEVER YOU ARE ABOUT TO PLACE YOUR BARRIER BACK ON PLEASE:
* PLACE TRIAMCINOLONE OINTMENT ON THE SKIN
* IF THERE IS CUT SKIN PLACE BACITRACIN OINTMENT DIRECTLY ON THE CUT SKIN AREAS
* THEN PLACE THE APPROPRIATE PADDING. FOR THE LOOPED RUBBER BAND AND TIGHT HALF FOLD YOU WILL FIRST PLACE THE LARGE BAND-AIDS ON, FOR THE PLASTIC RING YOU WILL PLACE SOME GAUZE OR COTTON, FOR THE SCROTAL RING YOU WILL PLACE SOME GAUZE OR COTTON.
* REMOVE YOUR LOOPED RUBBER BAND EVERY 4-6 HOURS FOR 10-15 MINUTES, BUT NO LONGER THAN 15 MINUTES***.***
* IF THE LOOPED RUBBER BAND (AND ON DAY-7 YOUR PLASTIC RING AND STRAPS) IS REMOVED FOR MORE THAN 15 MINUTES YOU MAY LOSE FILLER…IT MAY MIGRATE INTO PUBIC AND SCROTAL AREAS. THIS IS NOT DANGEROUS, JUST DO NOT WANT TO LOSE FILLER FROM THE PENILE SHAFT AREA.
* **IF YOU ARE WEARING A SCROTAL RING IT IS FOR TWO REASONS**
* **ONE:** FOR THOSE WHO HAVE HAD A SCROTAL ENLARGEMENT TREATMENT
* **TWO:** FOR THOSE WHO NEEDED TO TAKE OFF THE PLASTIC RING AND STRAPS DUE TO DISCOMFORT AND NEEDED TO SWITCH TO THIS ALTERNATE BARRIER.
* YOU SHOULD ***REMOVE*** YOUR ***SCROTAL RING*** *(IF YOU HAVE BEEN INSTRUCTED TO WEAR THIS)* DURING THESE LOOPED RUBBER BAND BREAKS AS WELL.
* ***IF YOU LEAVE THE LOOPED RUBBER BAND OFF*** FOR LONGER THAN 10-15 MINUTES YOU RISK LOSING FILLER MATERIAL.
* REMEMBER THAT THE LOOPED RUBBER BAND IS YOUR PRIMARY BARRIER FOR THE FIRST 7 DAYS AFTER YOUR TREATMENT. AFTER DAY-7 THE ***PLASTIC RING & STRAPS BECOME YOUR PRIMARY BARRIER,*** AND THE *LOOPED RUBBER BAND AND TIGHT HALF FOLD* ***WILL NO LONGER BE USED.***
* **THESE BARRIERS**, WHETHER THE LOOPED RUBBER BAND, THE PLASTIC RING OR THE SCROTAL RING, HAVE ONE OBJECTIVE….**TO HELP PREVENT LOSS OF FILLER MATERIAL** FROM ENTERING INTO THE PUBIC AND/OR SCROTAL AREAS.
* AFTER THE 10-15 MINUTE LOOPED RUBBER BAND BREAK, PLEASE PLACE THE LOOPED RUBBER BAND (AND SCROTAL RING) BACK ON THE PENILE BASE AREA.
* THE LOOPED RUBBER BAND SHOULD GO ON TOP OF THE TIGHT HALF FOLD AT THE BASE OF THE PENILE SHAFT (SHOULD NOT BE ABOVE OR BELOW THE TIGHT HALF FOLD).
* WHEN PLACING THE LOOPED RUBBER BAND BACK ON THE TIGHT HALF FOLD, PLEASE PLACE IN A *SLIGHTLY DIFFERENT LOCATION* ON THE TIGHT HALF FOLD. THIS WILL TAKE PRESSURE OFF THE OF THE SKIN UNDERNEATH. SO, BY SLIGHTLY MOVING THE LOCATION OF THE LOOPED RUBBER BAND, THE SAME SKIN WILL NOT BE FEELING THE SAME CONSTANT PRESSURE FROM THE RUBBER BAND ALL OF THE TIME.
* WHILE THE RUBBER BAND IS OFF, MASSAGE THE AREA THAT IS DIRECTLY UNDER THE LOOPED RUBBER BAND AND TIGHT HALF FOLD AREA. ***DO NOT MASSAGE THE ENTIRE PENILE SHAFT***…JUST THAT SMALL PORTION UNDER THE LOOPED RUBBER BAND AREA. THIS WILL HELP PROMOTE CIRCULATION OF THE SKIN UNDERNEATH
* **PENIS POSITION**
* PENIS POSITION IS ALWAYS PLACED EITHER UPWARDS OR DOWNWARDS, NOT DIRECTLY TO THE RIGHT OR LEFT SIDES. TRY TO ALTERNATE UP AND DOWN POSITONS THROUGHOUT THE DAY. YOU CAN USE TIGHT UNDERWEAR TO HELP HOLD IT IN PLACE. PAPER TAPE CAN BE HELPFUL TO HOLD PENIS IN UPWARD POSITION BY TAPING PENIS TO BELLY/STOMACH AREA FIRST AND THEN PLACING TIGHT UNDERWEAR.

**PLASTIC RING & STRAPS:**

* THE PLASTIC RING & STRAPS WILL BE WORN FROM THE TREATMENT DAY TO DAY 7 WITH ***MILD TENSION.*** THE PLASTIC RING IS A SECONDARY BARRIER DURING THE FIRST 7 DAYS, AND THE LOOPED RUBBER BAND AND TIGHT HALF FOLD IS YOUR PRIMARY BARRIER FOR THESE FIRST 7 DAYS.
* FROM DAY-7 TO DAY-21 THE PLASTIC RING & STRAPS NEED TO BE ON WITH ***MODERATE TO HIGH TENSION***. NOW THE PLASTIC RING BECOMES YOUR PRIMARY BARRIER, AND THE LOOPED RUBBER BAND AND TIGHT HALF FOLD ARE NO LONGER USED.
* THE PLASTIC RING IS ATTACHED TO THE BODY BY A 3-STRAP SYSTEM, ONE LONG AND TWO SHORT STRAPS. THE LONG ONE GOES AROUND THE WAIST AND THE TWO SMALLER ONES GO AROUND THE LEGS.
* THE PLASTIC RING WILL NOW BECOME YOU **MAIN BARRIER** PREVENTING FILLER LOSS ***FROM DAY 7-21.***
* THE PLASTIC RING & STRAPS ARE TO BE WORN WITH HIGH TENSION 24 HOURS A DAY 7-DAYS A WEEK…THERE ARE NO EXCEPTIONS TO THIS. ALWAYS PLACE AS MUCH TENSION AS YOU CAN TOLERATE.
* THE STRAPS MAY IRRITATE THE SKIN, SO PLACE YOUR COTTON UNDERWEAR ARE FIRST, THEN THE PLASTIC RING & STRAPS. YOU CAN ALSO USE TUBE SOCKS TO PLACE THE STRAPS IN FOR COMFORT.
* BARRIER BREAKS STILL APPLY, THE PLASTIC RING BREAKS ARE TAKEN BY LOOSENING THE STRAP FROM THE RING.
* REMEMBER THAT WHEN YOU TAKE A PLASTIC RING BREAK, PLACE TRIAMCINOLONE OINTMENT ON THE SKIN AND MASSAGE AS WELL FOR 1-2MINUTES. THIS WILL HELP PREVENT SKIN SORES FROM DEVELOPING.
* IF THE PLASTIC RING & STRAPS BECOME PAINFUL TO WEAR, YOU WILL NEED TO SHIFT TO THE SCROTAL RING AS YOUR PRIMARY BARRIER. THE SCROTAL RING IS PLACED OVER THE PENILE SHAFT ***AND*** SCROTAL AREA.
* THE ONLY DRAWBACK TO HAVING THE SCROTAL RING AS YOUR PRIMARY BARRIER, INSTEAD OF THE PLASTIC RING IS THAT YOU MAY FORM AN INDENTATION ON THE FRONT SIDE OF THE PENILE SHAFT, DIRECTLY DUE TO THE PRESSURE OF THE SCROTAL RING.

**ADDITIONAL STEPS IF NEEDED:**

* **PENILE ERECTION ‘SHORTENING’ ISSUES:**
* AFTER DAY 21 THERE ARE VERY FEW PATIENTS THAT EXPERIENCE A TEMPORARY SHORTENING OF THE PENILE ERECT LENGTH.
* IF FILLER MATERIAL SHIFTED INTO THE PUBIC AREA, IT MAY PREVENT THE PENIS FROM ACHIEVING ITS’ FULLY ERECT LENGTH.
* EVEN THOUGH THIS IS TEMPORARY, YOU CAN HELP EXPEDITE AND REMEDY THIS PROBLEM BY TAKING ONE HAND TO PULL THE PENIS AND EXTEND IT OUT FULLY WHILE ROTATING IT IN A CIRCULAR MANNER. AT THE SAME TIME (WHILE ROTATING THE PENIS IN A CIRCULAR MANNER), WITH THE OTHER HAND, PLACE A MASSAGING TYPE FINGER PRESSURE ON THE PUBIC AREA VERY CLOSE TO THE BASE OF THE PENIS. THIS WILL HELP BREAK UP ANY ADHESIONS OR STICKING OF THE NEW COLLAGEN THAT HAS FORMED AT THE BASE. DO THIS SEVERAL TIMES A DAY UNTIL ERECT LENGTH RETURNS TO NORMAL.
* **SHAPE ISSUES:** CONTINUE AGGRESSIVE MASSAGING AND DIRECT FINGER PRESSURE TO HELP SHAPE. THE COLLAGEN WILL RESPOND BUT IT TAKES TIME AND EFFORT.