

# Penile Rehabilitation

## Using a Vacuum Erection Device (VED)

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### After Cancer

### Introduction

A vacuum erection device (VED) is a non-invasive treatment for erectile dysfunction (ED), including achieving or maintaining an erection.

### Purpose of a VED

- Improve sexual satisfaction
- Preserve penile length and girth. It is even possible to regain length/girth lost due to loss of regular erections or due to scar tissue in penile structures
- Promote the return of spontaneous erections

### Discuss Intent for Penile Rehabilitation with Providers

Discuss the intent to engage in penile rehabilitation with the providers involved in prostate cancer treatment. Discuss:

- The anticipated safe time to engage in VED use after removal of the prostate (prostatectomy), if having the discussion prior to or soon after surgery.
- Potential barriers to starting VED.
- Combination therapies for penile rehabilitation (such as oral medication, pelvic floor therapy, and/or penile injections with VED use)

### Penile Rehabilitation VED Guidelines

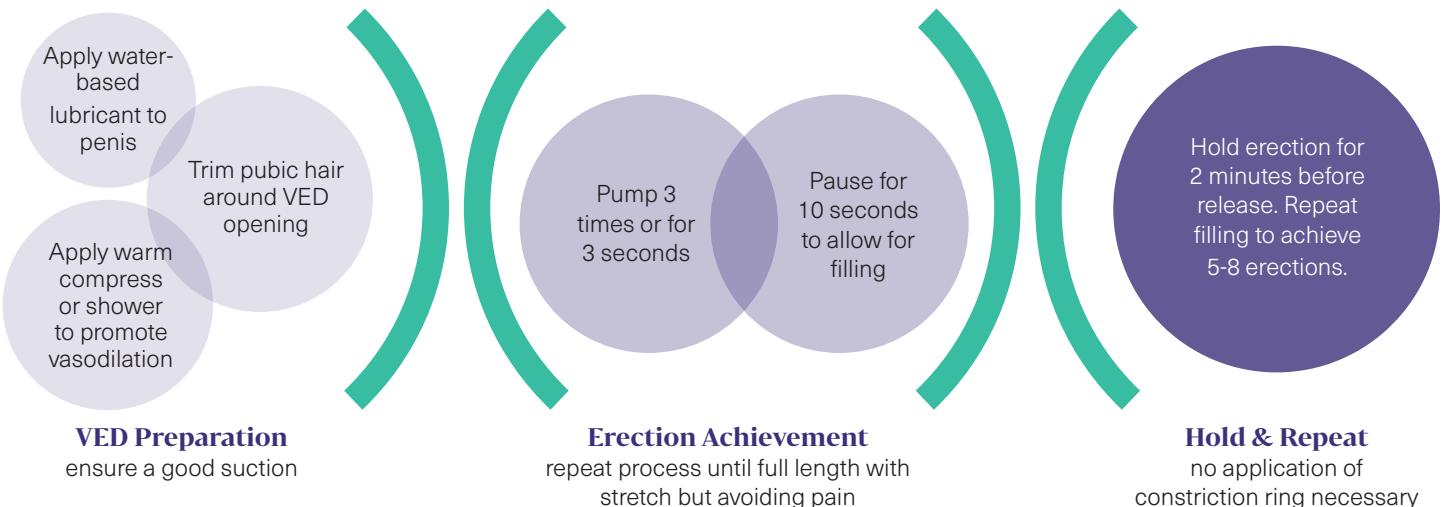
- Our recommendation is to start using a VED 4 weeks after prostatectomy unless instructed otherwise by your surgical team

### Why Frequent, Daily Use is Part of the VED Penile Rehabilitation Program

The average man experiences 3-6 nocturnal erections a night during REM sleep. Therefore, it is important that a VED rehabilitation program reproduces the erections lost with ED.

- There are no clear guidelines on how early to start using the device. Some studies recommend starting VED use once the Foley catheter has been removed
- It is acceptable to use VED if still leaking urine after prostate surgery
- The goal is to feel a stretch and discomfort, but do NOT pump to pain
- Do NOT exceed 30 minutes of maintained erection with VED, as this can result in penile injury
- Reasonable goal is to use daily for a total of 10 minutes
- Use the VED WITHOUT the penile constriction band, unless using prior to sexual activity

### How to Use a VED





## What to Expect

- 60% of people are successful with the VED on their first attempt and 72% report they master the device in less than one week
- The penis will be colder to the touch with slightly blue appearance compared to spontaneous erections. A warm compress can be used prior to sexual activity for a more normal feel
- Bruising or discoloration of the skin can occur, especially if pumping is done too quickly
- If the constriction ring is present, discomfort with orgasm can occur. The compression on the urethra blocks ejaculate from exiting. This does not change the ability to orgasm

## VEDs Are Supported by Research

- When compliant for >50% of 90 consecutive days following prostate removal, 97% of men preserved penile length. If less compliant, 67% of men had a decrease in penile length greater than 1 cm
- Long-term VED users reported 98% satisfaction with 74% reporting regular orgasms
- When combined with Viagra® or Cialis®, the benefits of VEDs are significantly enhanced

Discontinuation of the VED program can occur when daily spontaneous erections have been recovered. Otherwise, daily use of VED is encouraged to preserve penile length and girth.

Recommended VEDs	Retailer	Power Source	Price
<b>Rechargeable Penis Pump</b> (pump only)	Amazon.com	USB Rechargeable	\$55.96
<b>Rapport Classic Manual</b>	MenMD.com	Hand pump	\$119.00
<b>SomaTherapy Manual</b>	MenMD.com	Hand pump	\$199.00
<b>SomaTherapy Premium</b>	MenMD.com	Hand pump or battery	\$299.00
<b>Vacuum Therapy System</b>	Gesiva.com	Battery	\$379.95

## Talk with Your Oncologist, PCP, Urologist, or Gynecologist, and Your Intimate Partner

To further your knowledge and comfort, After Cancer recommends also reading the following patient handouts:

- Managing Sexual Dysfunction with Pelvic Floor Therapy
- Sensate Focus: Touching Exercise to Rediscover Intimacy
- Slide Into Lubricant
- Practical Solutions for Low Libido



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