

Penile Dermal Filler Procedure

SPECIFIC RISKS

There are a few rare specific risks related to this treatment.

Infections: Infection is a risk of the procedure. Please ensure you take the full course of antibiotics provided to you at the clinic as instructed. Please inform the surgeon if you are allergic to penicillin.

Allergy: An allergic reaction to Hyaluronic acid is rare and usually mild. An allergic reaction may appear as a rash on the skin. If this should occur, it may be necessary to dissolve the filler.

Irregularities: Filler can be moulded during the first week by the patient at home. Additional filler can be added at the patient's expense if further filler is needed.

False expectations: For example; a patient might incorrectly believe that it is possible to change the size of their penis from very small, to very large, with only a small amount of filler.

Numbness: The penis can feel numb for a few days.

Swelling: It can take up to 2 weeks for most of the swelling to disappear. Residual swelling can last for 1 month if a large amount of filler is injected. Only after the swelling has gone down will you know how much size you have gained.

Bruising: This varies significantly from patient to patient and is usually resolved within 1 week.

Pain: The penis can be tender for 1 week after the procedure, depending on the type of filler used.

IMPORTANT INSTRUCTIONS

- **You must not have sex for 2 weeks.**

Having sex any earlier could cause an infection and may also cause the filler to move and become misshapen.

- **You must not go to the gym, do heavy lifting, or run for 1 week.**

Public gyms can have a higher rate of bacteria. Exercises such as squats may disrupt the filler and the impact of running may move filler in the first week before it is set.

- **You must keep the penis supported (not hanging down).** Wear supportive underwear (briefs) for 1 week following the procedure, changing daily. Please wear supportive underwear on the day of your procedure.

If your penis is left hanging down unsupported in boxer shorts, gravity and the impact of walking may cause the filler which has not set to move down towards the head of the penis. We have underwear available at the clinic for £20, or please bring your own.

I confirm I have had a full explanation of and understand the Specific Risks and have had plenty of time to ask questions about them.

SIGN:

I confirm I have read and understood the accompanying Instructions and have had time to answer any questions about them. I confirm that I will take a full course of antibiotics as instructed.

DATE:

Dr Gary Horn
10 Harley Street
London W1G 9PF
Cosmetic Surgeon
GMC 4267803

FURTHER INFORMATION

Androfill

Clinic 020 3633 0026
Mobile +44 7426 040086

Dermal fillers may interact negatively with Vitamin E, anti-inflammatory drugs, St John's Wort and aspirin. This may increase the amount of bruising you experience. You are advised not to take these in the week before, during and after the treatment.

You may drive immediately after treatment and no time off work is required.

It takes a couple weeks for our dermal filler to stabilise, absorb water and look its best. For this reason, it may be necessary to come back for a follow-up consultation 2-4 weeks after treatment. If more product is required to ensure even coverage, this can be injected during your follow-up consultation.

Bruising and tenderness varies a lot from patient to patient. Bruising will often become more apparent a day or two after the procedure and may last for 1 week.

Swelling can result for up to 2 weeks and may be quite impressive. Do not be alarmed, this will settle. If significant swelling remains beyond a few days, please contact our clinic. A small amount of residual swelling may be apparent for up to 2 weeks, or even 1 month in some cases, for example if the patient has had a lot of filler. If you have any significant pain or difficulty passing urine, please call the clinic as soon as possible.

Do not use penis extenders or other devices that fasten around the penis for at least 1 month. The product takes a while to fully integrate with penile tissue, so tight straps, fasteners or vacuum devices may cause the product to shift or cause indents.

FILLER LIFE EXPECTANCY

The life expectancy of the filler depends on type of filler used and varies from patient to patient.

Generally after 12 to 18 months, depending on the patient, around half of the filler will remain with the remainder having been metabolised and passed out of the body. The most common outcome in the case of Juvéderm Voluma is around half of the filler remaining at 12 to 18 months.

For Juvéderm Voluma, the manufacturer states the filler is proven to last up to 2 years in the cheeks. When treated again after 2 years, patients needed less product to achieve their original results. <https://www.juvederm.com/cheek-fillers>

In exceptional circumstances the body can metabolise filler at a rapid rate, meaning that the filler is absorbed in a few months, although this is highly unlikely. Filler reabsorption rates are impossible to predict and vary from patient to patient.

SIZE INCREASE ACHIEVED

It is not possible to precisely predict the size increase that will be achieved by a given amount of filler as there is variation between patients for reasons such as variation in penis size. More filler can always be added at subsequent visits to the clinic if the result achieved does not provide the desired increase in girth. It may be better to take less filler on your first visit, in case the result achieved is larger than you expected. If the penis is too large after the procedure, some of the filler can be dissolved to reduce the size.

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FILLER MOULDING

There is some **initial malleability to the product** (you can mould it by applying pressure to the product when erect). This can be of benefit in allowing you to smooth out any small irregularities.

If you want to move product further towards the head or the base, then you will be able to massage it somewhat in either direction **while the penis is erect**.

It is best to start moulding as soon as possible (but a minimum of 4 hours after the procedure). As each day passes the filler will set more firmly and become harder to move, until 2 weeks later when it is set.

The filler is **most easily moulded when erect**, as the erect shaft provides resistance into which the filler can be pressed.

If you have any doubt about your ability to attain an erection, please ask the doctor for a prescription of erectile dysfunction medication (Viagra), or purchase the medication over the counter at UK pharmacies (Boots) without a prescription.

The dermal filler will integrate with the penile tissue during the first 14 days. After this period any abnormal placement will need to be dissolved and reinjected, which is possible with Hyaluronic acid filler. Note: Dissolving is not possible with Ellanse.

Hyaluronic acid filler can be spot dissolved to adjust small areas if necessary (there is no need to dissolve all the filler in order to make a correction).

MOULDING INSTRUCTIONS

- **Wash your hands first** and then attain an erection.
- Evaluate visually and by touch how the filler is distributed along the shaft.
- If there is any unevenness, for example, filler concentrated in one area and not others, then press firmly into the filler using the erect shaft as resistance. Note: A light pressure will probably be insufficient, press firmly.
- If there are any small lumps of filler that do not spread easily, pinch them between your thumb and finger and they will gradually break up.
- The earlier you start moulding the filler the better, by day 4 or 5 the filler is almost set and becomes very difficult to mould.
- If you can't seem to smooth out a small area, don't panic, you have wisely chosen a Hyaluronic acid filler which can be altered back in the clinic by smoothing the filler out with a dissolving enzyme.
- Call the clinic if you need guidance on how to mould the filler: 020 3633 0026 or text +44 7426 040086 - do not hesitate to call at any time.

I confirm I have had a full explanation of and understand the risks and have had plenty of time to ask questions about them.

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RISK OF INFECTION

The risk of infection is lowered by taking antibiotics following the procedure. Please take the full course of antibiotics as instructed by the doctor. **Let your doctor know if you are allergic to penicillin.**

You can further lower the risk of an infection by washing your hands before handling the penis in the week after the procedure, and by not having sex for **two weeks** following the procedure. The risk of an infection is low, however if it does occur it should be treated seriously and without delay.

If at any time after the treatment you suspect an infection, please contact the clinic immediately on 020 3633 0026.

Infection may show up as a raised lump following your procedure, and may also be painful and red.

Below is an example of **what an infection might look like in the penis.**



Further signs of an infection can include feeling generally unwell; a high temperature (fever) of 38C (100.4F) or above; swollen glands under the chin or in the neck, armpits or groin.

An infection may be red, raised, painful and needs to be addressed urgently with antibiotics.

If an abscess develops it may require draining (the making of an incision or inserting a needle into the abscess to drain it may be required). Some or all the filler may need to be dissolved in the area of the infection in rare cases.

If you suspect an infection has occurred, contact the clinic or your doctor urgently to begin a course of antibiotics, or other treatment that may be deemed necessary.

Delaying treatment for an infection may result in damage to the penis.

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UNCIRCUMCISED PATIENTS

During the injection we need to be careful to not place too much product towards the head of the penis, especially in uncircumcised men. If too much filler is placed near the head of the penis it may make it more difficult for some patients to retract the foreskin of the penis.

The risk is higher in patients who already have mild to severe Phimosis (Phimosis is a condition in which the foreskin of the penis cannot be pulled back past the glans / head).

If you notice excessive product around the head, try to massage this back up the shaft towards the base of the penis. Keep the penis supported in supportive underwear (briefs), so that gravity, diffusion and the impact of walking does not cause filler to migrate down to the head.

Uncircumcised patients may be more prone to filler migrating to the foreskin region. This may present as small lumps of filler visible when the foreskin is retracted. Try to push these lumps out before the filler sets. If you are unable to, they may need to be spot dissolved back in the clinic and you may lose a small amount of filler as a result. If you are unsure of anything, call the clinic on 020 3633 0026.

FILLER IN PENIS HEAD - GLANS PENIS

Filler can be injected into the head of the penis to increase the size of the head, or to reduce the sensitivity of the head for the treatment of premature ejaculation. Injecting filler in the head of the penis is **high risk** and requires a specific Hyaluronic acid filler to be used.

Some of the risks are: Infection, necrosis, excessive reduction in sensitivity or inadequate reduction in sensitivity.

A reduction in sensitivity is not guaranteed. It may take three or more sessions of treatment to observe any reduction in sensitivity. It is possible that no reduction in sensitivity is achieved. It is also possible that too much sensitivity is reduced, in which case dissolving some of the filler may restore sensitivity.

For augmentation of the penis: it may take a significant volume of filler to produce a noticeable increase in size. Generally, filler injected in the head of the penis produces results that are underwhelming (in terms of the increase in size), when compared to the result of having filler along the shaft of the penis. Increasing the size of the penis head may also make it more difficult to retract the foreskin and is not recommended for patients with Phimosis.

ELLANSE / Poly-Caprolactone (PCI)

Ellanse is a **higher risk filler** that lasts up to 4 years. Ellansé is a polyester comprised of Polycaprolactone microspheres which encourages the production of new collagen. It is biodegradable and slowly leaves the body over a number of years.

Once Ellansé is injected, **it cannot be dissolved away or altered**, which makes it **higher risk** than Hyaluronic acid. If a problem occurs with Ellanse, there may be little that your doctor can do to fix the issue. For example, if the filler migrates or the result is not even. Other risks include: Granuloma (hard lumps forming in the penis), infection, other tissue reactions, in addition to the risks associated with Hyaluronic acid fillers detailed above.

Treating a complication caused by Ellanse (if it is possible to treat at all) will be expensive for the patient and may cause permanent penis damage. **The higher risk nature of Ellanse must be understood and accepted.**

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DATE:

If you are unsure of anything, please contact the clinic at any time.

(7 days, 24 hours, if urgent).

Important contact methods:

Clinic 020 3633 0026

Patient Care 24/7 (call or text message) 07426 040086

Email info@androfill.co.uk