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Patient name:

Date of birth:

Date:

**PENIS THICKENING INJECTIONS**

Penis thickening injections are usually considered by men who lack confidence in the size of their penis, more specifically the thickness of the penis. It's not always because they want more confidence in sexual relationships, although this is a common theme, it can also be requested because men can also lack confidence when going to the gym or sports and changing in front of other men.

Benefits experienced by patients are:

* A feeling of increased masculinity
* Increased self esteem and confidence
* The ability to wear shorts /swimwear which flatter them more
* A feeling that they can move forward with personal relationships

The procedure is carried out by a qualified Doctor and on an outpatient basis. This means that you can go home directly after the procedure.

What is Hyaluronic Acid

Hyaluronic acid is found naturally in several connective tissues including the skin. Hyaluronic acid is the most popular dermal filler to replace volume loss. The Hyaluronic Acid used to thicken the penis is Juvederm Voluma. This is a well known Hyaluronic Acid manufactured by Allergan. It is indicated for deep tissue injection and used mostly for cheek augmentation to correct volume loss in the mid face. Due to the temporary nature of dermal fillers they have to be repeated to maintain the results.

The Procedure

You will first be given a topical anaesthetic cream to apply to the penis. This will numb the skin of the penis prior to your treatment.

The Doctor will then inject the Hyaluronic Acid into the penis to create more thickness. The Hyaluronic Acid also contains local anaesthetic to minimise discomfort during the procedure. You are awake for the procedure and no sedation is required. The treatment will take around half an hour depending on the amount of Hyaluronic Acid being injected. The Doctor may apply a temporary dressing or small plasters to the penis after the treatment.

The results of the thickening treatment are evident in both the flaccid and erect states of the penis.

In terms of thickness gains there is no guarantee of size, the results are subjective depending on your penis size and the amount of filler being injected. For patients who have not had thickening of the penis before, between 10 and 20ml of Hyaluronic Acid will be required, depending on the thickness desired. You may require a further treatment to achieve your desired results. Further treatment will incur additional cost. Patients with a longer penis may require more filler to achieve optimum results rather than those with a shorter penis.

The Doctors performing this treatment are all highly experienced in providing aesthetic treatments that do not involve surgery. All Doctors carry full medical indemnity insurance for the procedures that they provide.

DOCTOR CONSULTATION

At your first consultation you will be asked what bothers you about your penis size and about your expectations from the treatment. You will be examined and some discussion will follow about the potential outcome of your treatment. If you are considered suitable you will be told about the procedure, the expected outcome, potential risks and complications. The amount of Hyaluronic Acid to be injected will depend largely on your personal expectations. Your surgeon will not be able to guarantee a specific increase in your penis size, but he/she will be able to give you an indication as to the expected results. Remember that you can have more Hyaluronic Acid in the future if you wish to increase the size of your penis further.

“COOLING OFF” PERIOD

It is essential that you are making the appropriate choice and understand the implications of treatment you are considering. Moorgate suggest Patients take a minimum 14 day cooling off period after they have seen their Doctor and before their treatment. However, this is not mandatory for non surgical procedures such as Juvederm

RISKS

**Bruising/ swelling / redness** can usually last a few days. This is normal after injectable treatments. In some cases this bruising, swelling and redness may last longer.

**Pain**. The penis may feel sore for the first few days. If you experience undue discomfort then you can take paracetamol. If you feel that the pain is getting worse then please contacts us.

**Infection**. This is rare after treatment but can occur. Antibiotics are generally used following treatment to help reduce the risk of the area becoming infected, these are given as a precaution and it should not be assumed that an infection is present. Infection usually becomes apparent over the first few weeks and the area may be swollen and tender and there may be wound discharge. If this happens please contact us without delay.

**Necrosis/keloid scarring.** In rare cases it is possible to develop hypertrophic scarring and necrosis (dead tissue). Attending routine appointments will help prevent any issues with the treatment sites.

 **Lumps.** Every effort is made to achieve good symmetry along the shaft of the penis with a dermal filler procedure with Hyaluronic acid. However, small lumps may appear under the skin. Massage generally helps break any lumps down but occasionally lumps remain. These can be treated by the Doctor. In uncircumcised men the filler can migrate to the tip of the penis which makes retraction of the foreskin difficult. Additional treatment may be required to resolve this if massage fails to settle the problem.

**Hypersensitivity Reactions.** Studies show that Hyaluronic acid has a favourable safety profile.one study on the use of non animal derived Hyaluronic acid gel found localised hypersensitivity (swelling, redness). Another study found that only a 0.8% incidence of delayed hypersensitivity reactions to Hyaluronic Acid gel.

**Granulomas**. Hyaluronic acid fillers may contain little amounts of protein contaminants after purification. These containment scan carry a risk of hypersensitivity reactions and granuloma formations. These can appear as red lumps which have a form consistency. A product called Hyaluronidase can be used to treat granulomas.

**Vascular Occlusion.** This can occur where large amounts of dermal filler are injected in a small area, or by accidental intravenous injection. This causes a dull ache, swelling and redness. These symptoms can be similar to those that occur normally after such treatments. However in the case of this complication the symptoms are more severe. If you are in any doubt please contact us.

**Need for top ups.** Hyaluronic acid does break down in the body. Over the course of time the penis thickness will reduce. Most men return for a top up procedure in around one year. You may choose to return before or after this time depending on the longevity of your own results and when you would like to have a top up procedure performed. If no top up procedure is undertaken the penis would return to its original size eventually. We cannot know in advance exactly when you would choose to have top up treatments or precisely how long your treatment will last.

**Filler metabolism / reabsorption rate: Filler metabolism (reabsorption) speed is impossible to predict and varies from person to person. Generally, after 12 to 18 months some of the filler will remain, and some will have been metabolised (absorbed) by the body. In exceptional circumstances, the body can metabolise filler at a rapid rate, meaning the filler is reabsorbed in a matter of months, although this is highly unlikely it remains a risk. There is no refund should this occur, it is a risk you accept when you choose to have this procedure.**

**If you are having this procedure, you should not have false expectations about what it can achieve.**

**You cannot greatly increase the size of the penis if you are having only a small amount of filler injected.**

PRE TREATMENT INFORMATION

* Please advise the Doctor if you are taking any medication as some medications may require you to stop taking them before treatment. Please take your medication with you to the clinic on the day of surgery.
* If the Doctor needs to contact your GP prior to treatment you will be informed.
* Please do not use fake tan or use a sun bed 7 days prior to treatment and until everything has fully healed.
* It is advisable not to use alcohol for 48 hours prior to your treatment. If you drink more than 2-3 drinks daily then you should refrain from drinking alcohol for two weeks prior to your procedure. Alcohol can thin your blood.
* It is advisable that you do not smoke tobacco for 4 weeks prior to your treatment, this includes nicotine patches, gum, and vaping unless you are fully healed you should refrain from smoking as this can cause delayed healing which increases the risk of infection, smoking reduces vital oxygen levels required for healing.
* You must be two weeks clear of any recreational drugs prior to treatment and until you are fully healed. You must disclose to the Doctor if you use drugs as this is a contra indication to treatment.
* Be sure to remove any piercings before treatment.
* Please wear loose fitting clothing, so that you feel comfortable travelling home.
* Have a shower either the night before or on the morning of your treatment. Do not apply any deodorants or creams after showering.
* Inform the clinic if you are feeling unwell before you arrive.
* You can return to work after your treatment, avoid heavy lifting for one week.
* You can eat and drink normally before and after treatment, but avoid alcohol for 48 hours before and after treatment.
* Photographs will be taken prior to your treatment and at your post treatment appointments. These are for you and your clinical team only.

DAY OF TREATMENT

You will be asked to arrive at the clinic half an hour before your treatment time. This will enable our team to complete the required paperwork and for enough time for the topical anaesthetic cream to take effect. The treatment will take around half an hour and you will be given post treatment information before leaving the clinic.

POST OPERATIVE INFORMATION

**Post treatment care.** It is very important that you attend your first follow up appointment so that your penis can be checked.

**Strapping.** Some surgeons use a dressing applied around the penis. This can be removed when you get home. In most cases small plasters are used.

**Keeping your wound clean.** You can shower normally the next day. Avoid very hot showers as this could make the bruising and swelling worse.

**Sex**. You must not have sexual intercourse of masturbate for four weeks after treatment. If you experience any wound healing issues then this may be longer. Seek the advice of your Doctor if you are in any doubt.

**Exercise.** You may resume exercise. However please build up to your normal routine over the course of the following week. Avoid heavy exercise for a few days

**Need for further treatments.** Due to the temporary nature of dermal fillers with Hyaluronic acid, you will require further treatments in the future to maintain the thickness levels. If you do not maintain the treatment the penis will return to its original size.

**Helpline.** Moorgate have a helpline that's open five days a week, excluding bank holidays. The number to call is 01302 246134. Please ask for the post treatment patient care team when you call. Lines are open Monday to Friday 8.30am to 5.30pm. Queries of a medical nature will always be referred to your treating doctor. However, if you need medical advice outside of our opening hours we advise that you contact your out of hours GP service or your local A+E department. If you feel your condition is life threatening dial 999 for the emergency services.

**Attending Appointments.** It is very important that you attend your post treatment appointments at Moorgate. It is also equally important that you follow your post treatment instructions to ensure that you have the best opportunity of a successful procedure and full recovery, failure to follow the guidance could compromise the results of your treatment.

**The procedure is a cosmetic one and so assessment of the results involves an element of subjectivity. Therefore it is important to understand that while you have been advised by your Doctor as to the probable results, these by no means should be taken as a guarantee.**

I confirm that I fully understand and accept all information provided by Mills Medical Services Ltd,

Date:

Patient Signature:

Patient Name: