



PENIS
ENLARGEMENT

How to prepare

COSMETIC
— CONNECTION —



THE
STEPS

What to do

You must ensure you prepare for your enlargement. Good preparation allows your appointment to run smoothly, gives your clinician more time to perform your treatment, and reduces the chance of side effects.

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ALCOHOL

Alcohol increases the chance of bruising, so please avoid it within 24 hours of your appointment.

SMOKING

Smoking delays healing, so avoid it within 24 hours of your appointment.

EXERCISE

Avoid strenuous exercise for 6 hours before your treatment, as it can worsen swelling.

MEDICATIONS & SUPPLEMENTS

Do not stop anything you take for diagnosed medical conditions. If safe, avoid general health supplements and anti-inflammatories for the week before your treatment, as they may worsen bruising.

HAIR

Closely trim your pubic hair the day before your appointment.

HYGIENE

Shower and carefully clean your penis & pubic area using anti-bacterial body wash within 4 hours of your appointment.

GET IN
TOUCH

Have any
questions?

Get in touch

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