

PENIS
ENLARGEMENT

Aftercare guide

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AFTERCARE

Thank you for choosing Cosmetic Connection, one of Australia's respected cosmetic medicine clinics. This guide provides essential aftercare instructions following your non-surgical penis enlargement procedure.

This procedure uses dermal filler to enhance flaccid and erect girth, increase flaccid length, and minimise shrinkage. It is a straightforward yet effective treatment.

Proper aftercare is crucial for minimising potential side effects and maximising the longevity of your results.



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What you can expect

Immediately After Your Treatment:

- You may experience slight redness at the treated sites.
- Mild swelling and bruising are also possible. Keep in mind that swelling can be impressive, making the area appear larger than your final result will be.

In the First Few Hours:

- You may feel general tenderness around the treated areas as any numbness wears off. This should resolve within a few days. If you experience more than mild discomfort, or if your discomfort worsens, please contact us immediately.

In the Following Days:

- Swelling typically peaks the day after treatment and may take 2-4 weeks to fully resolve.





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When you'll see a result

Experience the result from your non-surgical
enlargement immediately.

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You will see an immediate increase in size following your non-surgical penis enlargement. However, the final result will be visible after 2-4 weeks, once any swelling has subsided and the filler has settled.

The results of your treatment will gradually diminish over time, typically lasting 2 to 5 years. The longevity of the results depends on the amount of dermal filler used and whether there is any residual filler from previous treatments.

Small lumps and bumps are relatively common due to the dynamic nature of the penis. These are usually easily addressed. Severe filler clumping is rare but can occur if aftercare instructions are not followed. If severe clumping occurs, the filler may need to be dissolved.

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What you need to do

Careful adherence to the aftercare instructions is essential for best results and to minimise side effects.

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For redness, swelling, tenderness, and bruising:

- You can take paracetamol (if safe for you) for any discomfort.
- Gently apply a cold pack, wrapped in a cloth, to the treated area for 20 minutes, repeating every 40 minutes.

If you are prone to herpes simplex virus (HSV) in the treated areas, we may recommend medication to prevent a flare-up.

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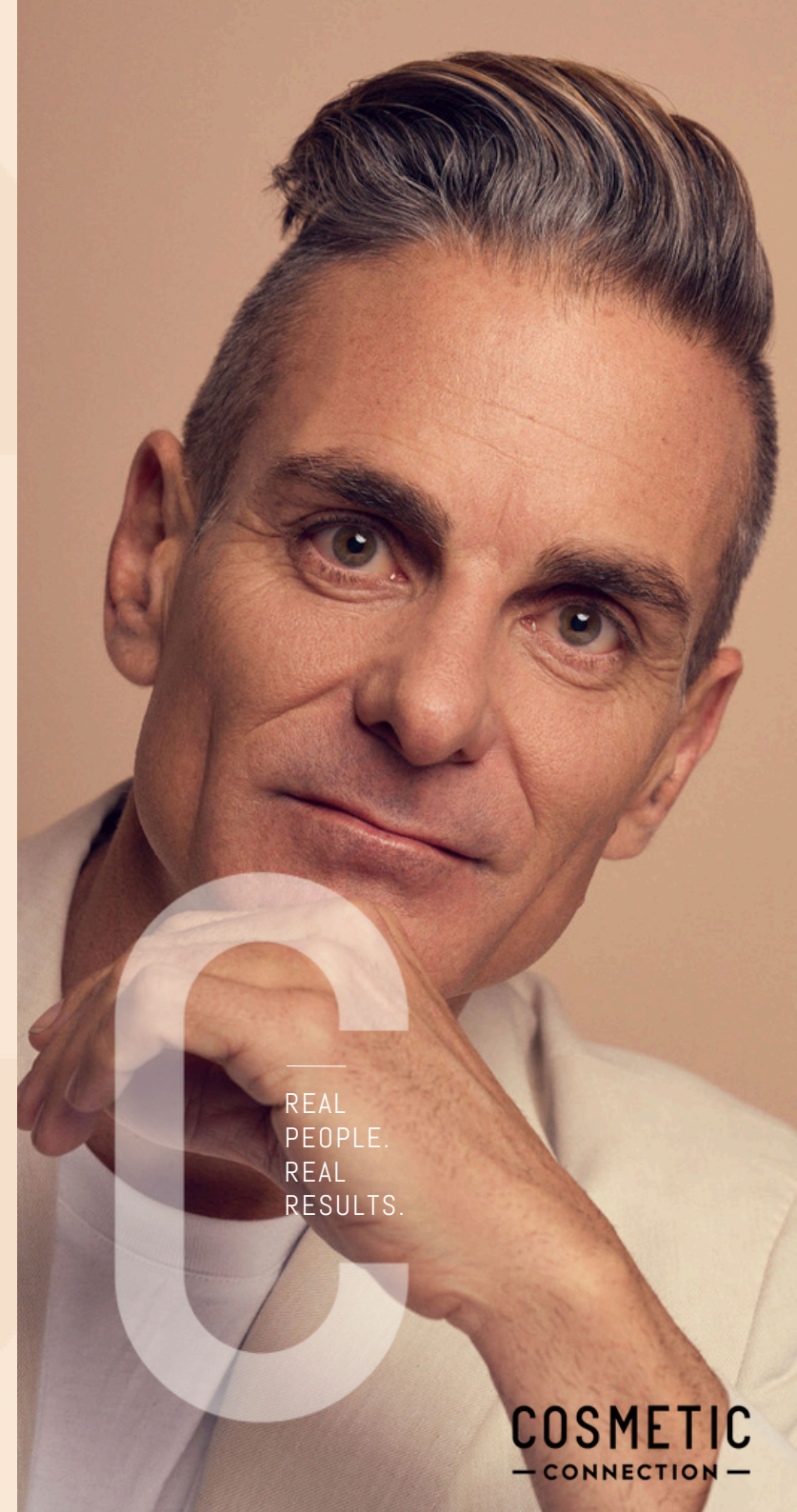
To ensure optimal results and minimise the risk of side effects, please follow these instructions carefully:

General Hygiene and Infection Prevention:

- Shower twice daily using chlorhexidine body wash for 3 days (available at most pharmacies).
- Apply antibacterial ointment to injection sites twice daily for 5 days, or until healed, whichever is longer.

Medication:

- Take all prescribed medications as directed. If you experience any side effects, contact us immediately.



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Maintaining Shape For the First 7-14 Days

- Support: Use Coban wrap gently to support the area, unless you have a latex allergy.
- Penis Position: Alternative the direction your penis points during the day, rotating between left, right, up, and down.
- Sleeping Position: Do not sleep on your stomach.
- Underwear: Wear supportive underwear like the pair shown below and keep your penis as straight as possible during the day.



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How to massage the filler

Perform gentle massage to address any filler lumps. If the filler looks and feels smooth when stretched or erect, do not massage. Massage is often easier when erect.

How to massage

- Always wash your hands thoroughly before massaging.
- Carefully grasp the head and foreskin (or end of the skin if circumcised), and gently stretch and hold (not required when erect).
- Carefully evaluate the filler distribution along the shaft.
- Press any lumps against the underlying penile shaft (this is easier when erect).
- You can also gently smooth lumps by running your fingers in the direction you want the filler to move.
- For small lumps that don't spread, pinch them between your thumb and index finger.
- Roll your shaft between your palms for general shaping.

Massage frequency:

- Week 1: 5 times daily
- Week 2: 4 times daily
- Week 3: 3 times daily
- Week 4: 2 times daily
- Week 5: Once daily



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What you need to avoid

Please follow all aftercare instructions carefully, paying close attention to the list of things to avoid.

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To reduce swelling, redness, tenderness, and bruising:

- Avoid strenuous exercise and alcohol for 48 hours.
- Avoid anti-inflammatories and supplements (unless medically necessary) for 24 hours.
- Avoid hot environments such as saunas for 48 hours.
- Avoid domestic flights for 24 hours.

Preventing Infection

- Avoid invasive dental treatment for 2 weeks, unless it's strongly recommended by your dentist. Discuss antibiotic prophylaxis with us if dental treatment is required.
- Refrain from sexual activity for 14 days, or longer if your injection sites are slow to heal.
- Avoid water-based activities (swimming, spas, etc.) for 7 days.

Promoting Healing and Maintaining Shape

- Avoid sleeping on your stomach for 7 days.
- Avoid smoking and vaping for 48 hours.
- Avoid pumps and extenders for 4 weeks.

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To minimise penis shrinkage and folding, which can lead to uneven filler bulges, strictly adhere to the wrap bandage instructions and perform gentle regular stretching exercises. In rare cases, massage, stretching, and wearing the elastic dressing may be required for up to 6 weeks.

Maintaining strict hygiene is crucial to minimise the risk of infection. Infections following penile filler procedures can progress rapidly and may require hospitalisation and surgical intervention, including tissue debridement and circumcision.

After your treatment, immediately head to the nearest pharmacy, fill your prescription, purchase chlorhexidine body wash, and take your first dose of medication.

If you experience a skin tear, abrasion, or an STI flare-up with skin blisters or lesions on your penis, apply antibacterial ointment to the affected areas twice daily and avoid sexual activity until healed to prevent filler infection.



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When to get in touch with us

Your care doesn't end when you leave our clinic. We're committed to supporting you throughout your recovery and ensuring you achieve the best possible results.

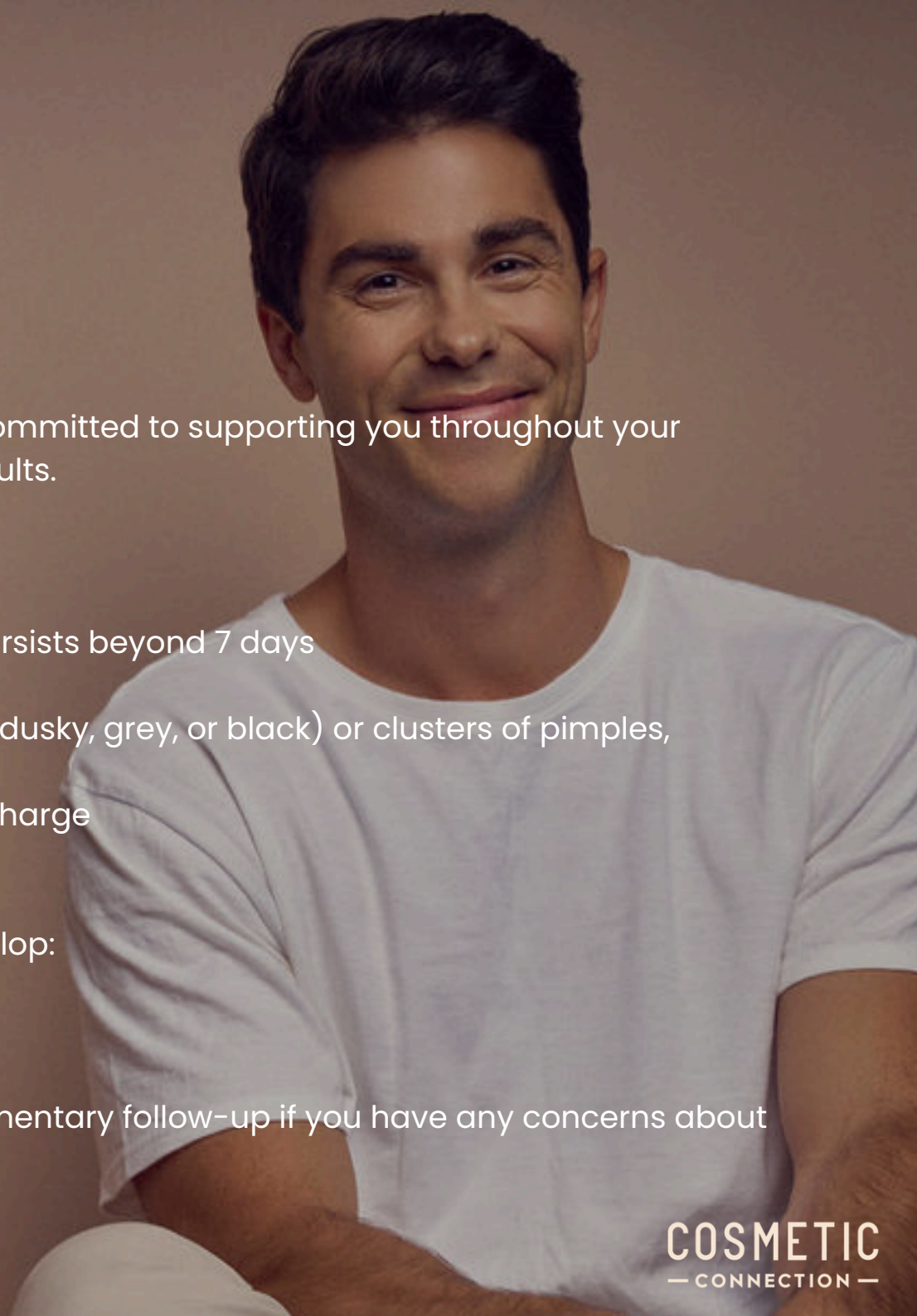
Contact Us Immediately If You Notice:

- A rash in the treated areas
- Worsening swelling, redness, or pain, or that which persists beyond 7 days
- Hardening of the filler
- Skin discolouration (dark red, white, mottled, blotchy, dusky, grey, or black) or clusters of pimples, pustules, or blisters at or near the treated areas
- Delayed healing of injection sites, with or without discharge
- Fevers or chills

Seek Emergency Medical Attention (Call 000) If You Develop:

- Facial or airway swelling
- Difficulties breathing, swallowing, or speaking

Follow-Up Care Please get in touch to arrange a complimentary follow-up if you have any concerns about your results 14 days after your final treatment.





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The next steps to take

To maximise your short-term and long-term results, follow your treatment plan and our penis enlargement optimization principles.

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BUILD FIRST

To ensure precise results with minimal risk, we build your enhancement gradually over a few sessions. You can book your next session [here](#).

MAINTAIN YOUR RESULT

Once you've achieved your desired outcome, consistent maintenance is key. To make treatments easier, we recommend a conservative maintenance treatment every 12-24 months.



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Treatments to complement

Complement your penis enlargement with these popular treatments.

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FACIAL MASCULINISATION

Achieve a stronger, defined appearance using cosmetic injectables. [Learn more.](#)

JAWLINE SCULPTING

Enhance the shape, symmetry and definition of your jawline. [Learn more.](#)

NON-SURGICAL NOSE SHAPING

Disguise bumps, lift your nose tip and correct crookedness with this non-invasive, no downtime nose reshaping treatment. [Learn more.](#)

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Our priority is you

We strive for every patient to have a positive experience and achieve their desired results. If you have any questions or concerns regarding your treatment, please get in touch. Our team is here to provide the support you need.



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Ready for
your next
appointment?

Ask a question

Make a booking

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