

Patient Instruction Sheet for Vacuum Erection Device (VED)

Introduction

A Vacuum Erection Device (VED) is a non-invasive treatment for erectile dysfunction. It helps in achieving and maintaining an erection by creating a vacuum around the penis, which draws blood into the corpora cavernosa, causing it to become erect.

Components of the VED

1. **Cylinder:** The main body where the penis is placed.
2. **Pump:** Can be manual or battery-operated; creates the vacuum.
3. **Tension Rings (Constriction Rings):** Placed at the base of the penis to maintain the erection after the vacuum is released.
4. **Lubricant:** To facilitate a good seal between the cylinder and the skin.

Step-by-Step Instructions

1. Preparation:

- Ensure all parts of the VED are clean and dry.
- Apply a small amount of water-based lubricant to the base of the cylinder for a better seal.
- Have the tension ring ready for use.

2. Using the Device:

- **Positioning:**
Place the cylinder over the penis ensuring it is snug against the body to create an airtight seal.
- **Creating the Vacuum:**
 - Use the pump to slowly create a vacuum. For a manual pump, squeeze the bulb or handle. For a battery-operated pump, turn it on as per the instructions.
 - You should feel the penis being gently pulled into the cylinder as blood flows in.
 - Continue pumping until an erection is achieved. This should take about 30 seconds to a few minutes.
- **Applying the Tension Ring:**
 - Once a full erection is achieved, slide the tension ring from the base of the cylinder onto the base of the penis.
 - Ensure the ring is snug but not too tight to avoid discomfort or damage.
- **Removing the Cylinder:**
Release the vacuum and gently remove the cylinder, leaving the tension ring in place.

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3. After Use:

- The tension ring can be left in place for up to 30 minutes to maintain the erection.
- **Do not exceed 30 minutes to avoid potential damage to the penis.**
- To remove the ring, gently stretch and slide it off the penis.
- Clean all parts of the VED thoroughly with mild soap and water.

Safety Tips

- **Do not use the device for more than 30 minutes at a time.**
- **Do not use the device if you have a bleeding disorder or are on anticoagulant therapy without consulting your doctor.**
- If you experience pain or significant discomfort, stop using the device and consult your healthcare provider.
- Ensure the tension ring is not too tight as it may cause damage to the penis.

Troubleshooting

- **If the Vacuum is Not Achieved:**
 - Ensure there is enough lubricant for an airtight seal.
 - Check the pump and connections for leaks.
- **If the Erection is Not Maintained:**
 - Ensure the tension ring is properly positioned and snug.
 - Try using a different size of the tension ring.

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