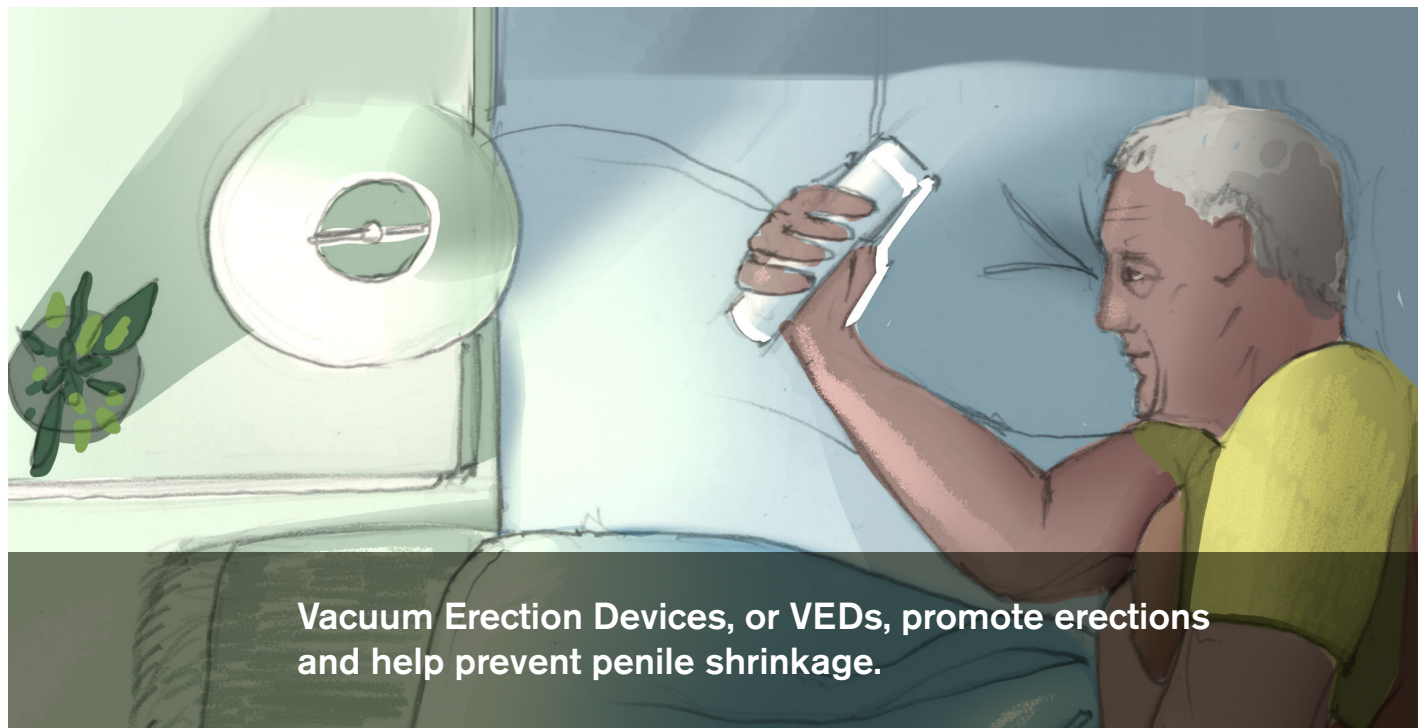
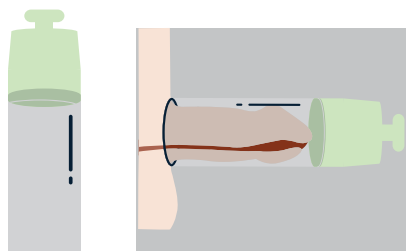


# Sexual Recovery

## Vacuum Erection Devices (VEDs)



Vacuum Erection Devices, or VEDs, promote erections and help prevent penile shrinkage.



Vacuum Erection Devices (VEDs), also known as a penis pumps, promote blood flow into the penis. When used correctly, they create erections hard enough for penetration. They may also help with stretching the penis and reducing penile shrinkage.

Before using a VED, we recommend talking to your healthcare provider about all of your health conditions, any other erectile aids you've tried, and any medications you take, including herbal supplements. This will help prevent potential problems.

### How they work

The VED comes with a plastic tube that fits over the penis, a hand or battery-powered pump attached to the tube, and a band (constriction ring).

Below are some basic instructions on how to use a VED. Since there are several models out on the market, it always best to refer to the instructions provided with your pump.

1. First, put the plastic tube over your penis and use lubricant to create a vacuum seal. You may need to trim your pubic hair to get a good seal.
2. Next, activate the pump to pull blood from the body into the vessels of the penis. Filling the blood vessels will lead to a hard erection.
3. Once you get an erection, put the band around the base of the penis. This will trap blood in the penis and help you keep an erection.

The band should be worn for no longer than 30 minutes. Stop using the pump if the suction causes pain.

The erection you get with a VED will look and feel different. While wearing the band, you may notice:

- Discoloration (bluish appearance) of the penis .
- Your penis may feel cold .
- Your penis may feel like it's hanging (hinge effect).

It's important not to pump beyond a point of discomfort because it may result in bruising. If you are over-pumping, you'll notice:

- Pinpoint-sized red dots on the shaft or head of the penis.

### Potential Risks

VEDs are very safe for most men, but there are some potential low-level risks to be aware of:

- Increased risk of bleeding if taking blood-thinning medications for heart disease or blood clots.
- If you have sickle cell anemia or another blood disorder, there is a risk for blood clots or bleeding.

