

## Vacuum Pump Erection Device (VED)

The VED is a pump system which uses negative pressure to help to draw blood into the erectile tissue (corpora cavernosa) in the penis, creating an erection. The VED can be used for penile rehabilitation, or used to create erections for sexual activity by also using a tension band at the base of the penis to help maintain the erection. These bands can sometimes cause a "hinge effect" or bending at the base of the penis, which can be bothersome for some men. The VED can take some time to learn and the erections achieved often appear less "natural" compared to when using intracavernosal injections. This is caused by the higher amount of venous blood, which can sometimes produce a dusky colored penis with more pronounced, superficial blood veins. Some men choose to use the VED purely for "exercise" and do not worry about using tension bands to maintain the erections. With regular use (every 2 to 3 days), some men find that they see less penile retraction, which is sometimes present after prostate cancer treatment. The following video link discusses how to use the VED, along with some tips for success: <https://www.youtube.com/watch?v=yHKqgZzkoC4>

If you are interested in purchasing a medical-grade VED, we recommend the Osbon ErecAid, which has a 5-year warranty and costs approximately \$450. It can be purchased online through the manufacturer: <https://osbon.ca/product/erecaid-esteem-manual-system/> (Use code "PCSC" for \$15 off).

Another option is the Medintim Manual: <https://urologyhealthstore.ca/collections/penis-pumps>

There are other systems known as "penis pumps" available at adult love shops, and the prices and quality of these systems can vary. If the Osbon system is within your budget, we recommend this device. Your physician can sign a letter for your third-party health insurance if you have coverage for this. Alternatively, you may submit your receipt as a medical expense with your taxes.

### Who is the VED suitable for?

Some patients should **NOT** use the VED. Men who have a history of spontaneous priapism (an erection lasting more than 4 hours) or blood disorders that predispose them to priapism should not use the VED. Men who have a bleeding disorder or bruise easily should also not use this device. Patients who are taking blood thinning medication, have a penile implant, have limited manual dexterity, are unable to sense pain or pressure at the base of the penis, or have a condition known as Peyronie's Disease should consult with their physician before using the VED.

### Exercise Instructions

It is recommended that the VED should be used every day for exercise sessions, or at minimum 3 times a week. The purpose during each exercise session is to create a minimum of 3 erections. Each erection should be held for 60 seconds to 2 minutes. After each erection, release the pressure and repeat the process.

Exercising with the VED not only allows you to become more comfortable and efficient with the VED, it also aids in penile rehabilitation. Penile rehabilitation is important to help keep erectile tissue healthy. Just like our bodies, it is important to exercise the penis regularly to avoid the risk of deconditioning and, as a result, compromised function.

### STEPS FOR EXERCISE SESSIONS (with the Osbon, but adaptable to other devices):

1. Attach the cylinder tube and the pump handle. The "ESTEEM" on the tube should always be facing up, and the pump lever facing down.
2. Trim your pubic hair to help create an airtight seal.
3. Lubricate the head of the penis and the inside of the cylinder to allow the penis to slide along comfortably as you create an erection.
4. Apply a generous 'thick' bead of lubrication to the outer ridge of the cylinder. This will ultimately be pressed up against the body and the lubrication will ensure a vacuum tight seal.
5. Insert the penis into the cylinder, being careful not to include the testicles or scrotal tissue.
6. Place the device firmly against the body and gently twist for a better seal. Angle the device downward at approximately a 45-degree angle.
7. Pump slowly 2 times; wait 5-10 seconds- Continue this cycle until a firm erection is achieved. (For the AUTO System: Hold POWER BUTTON for 3-4 seconds; Wait 5-10 seconds). If at any point you feel the need to release the pressure in the chamber simply press the GREEN button above the pump handle. **TAKE YOUR TIME!** It should take anywhere from 2-2 ½ minutes to create the erection.
8. A full erection is achieved once the penis has lifted from the bottom of the cylinder.
9. Once erect, hold the erection in the tube for 60 seconds to 2 minutes, and then press the GREEN button again to release the pressure. Keep the device placed on the body.
10. Repeat steps 7 - 9 as many times as you can during the exercise session.
11. Remove the device and wash only the cylinder with warm soapy water (NOT the Pump Handle).

### STEPS FOR VED USE WITH SEXUAL ACTIVITY (with the Osbon, but adaptable to other devices):

1. Place a tension band (beige is softer, and pink is firmer for a tighter seal) on the device using lubrication and the cone device (see video above).
2. Repeat steps 1-8 above.
3. Slide the tension band(s) to the base of the penis.
4. Press the button to release the vacuum inside the device prior to removing the penis.
5. You may use your erection for sexual activity. If the erection fades in the first couple minutes, you may need to use a stronger tension band, or two tension bands.
6. Do not leave the tension bands on the penis for longer than 30 minutes.



## A guide to using Osbon Erecaid

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Learn how to:

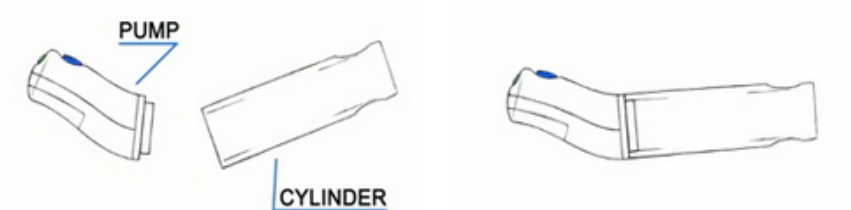
- Assemble the System
- Load the tension ring
- Create an erection
- Maintain an erection
- Remove the tension ring

### Start a Practice Session

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First, let's practice creating an erection. (During the practice sessions, you will create an erection, but without using the tension rings to sustain the erection.) Regular practice sessions will improve your erections, making them firmer more quickly and with less pressure.

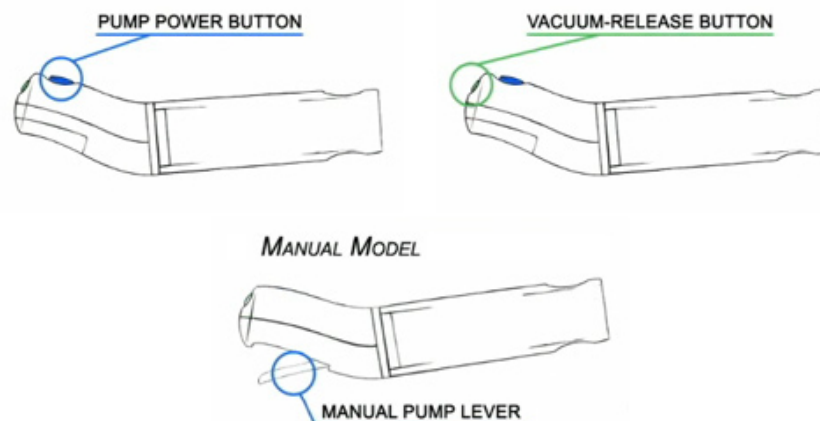
To start your practice session, attach the pump into the cylinder, like so:



If you need to make the cylinder more narrow, simply place the insert into the end of the cylinder.



The Osbon Erecaid device comes in both Automatic and Manual. The automatic version will have a Power button and a release valve; the manual version has a lever and release valve:



Apply the Osbon lubricant across the rim of the cylinder, the top 2 inches inside of the cylinder, and the penis. (You may choose to trim pubic hair to make the seal as air-tight as possible. If you have trouble getting a good seal, consider using SurErec EZ Tension Rings.)



Ensure the pump is facing upward (the Osbon logo should be facing you) and place the cylinder around the lubricated penis and firmly against the base of your body.



If you are using the Automatic Osbon Erecaid pump, push the power button. If you are using the Manual pump system, create a vacuum by pulling the lever repeatedly. Push the button for 5 seconds or pull the lever 2-5 times. Wait 5-10 seconds to allow the blood to flow into the penis. (If you are feeling any discomfort during use, push the release button and relieve some pressure.)

Restart the process more gradually to prevent further discomfort.)

For best results, pump slowly. Pump for 5 seconds, then release the pump for 5-10 seconds. The same procedure is used for the manual model.

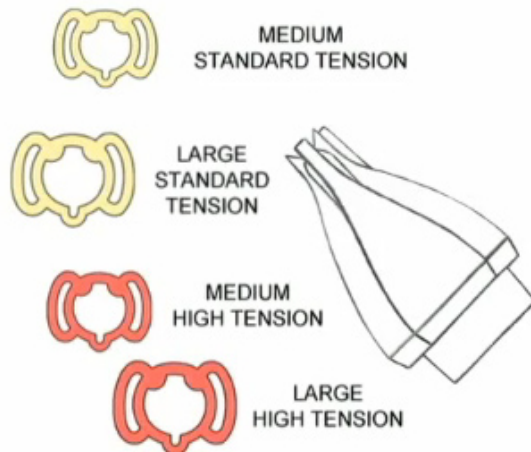


Repeat this process until a full erection is achieved. A full erection will usually lift from the base of the cylinder when the base is complete.

When you get an erection, push the release button and remove the cylinder.

## Using Osbon Erecaid for Intercourse

Now that you're familiar with the system and how it's used, here is how to use the system for intercourse. The process is almost the same, but this time a tension ring will be used to maintain the erection. Tension rings come in a number of sizes to suit your personal anatomy, so choose the size that is right for you. The correct ring will fit comfortably but apply enough pressure to maintain the erection. The Beige rings are Standard Tension, and the Pink rings are High Tension.

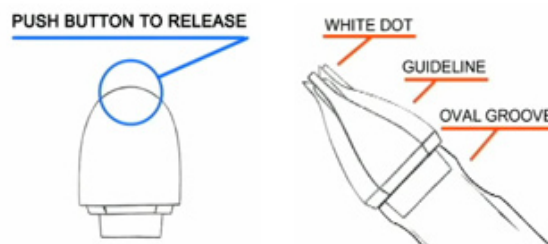


Loading a tension ring onto the cylinder is the first step to the process. It's easy with the optional Tension Ring applicator system. Here's how to do it:

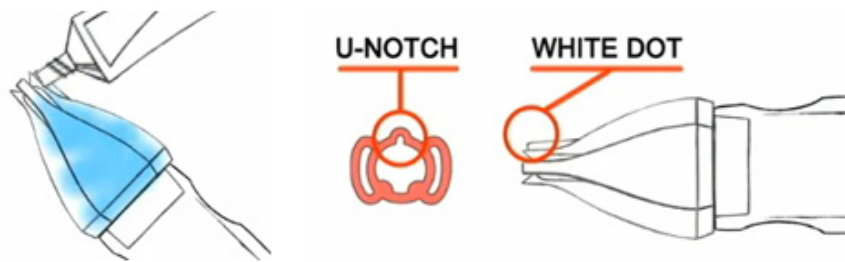
Start by removing the pump from the cylinder. Now, remove the insert and stand the cylinder upright on a surface with the pump end facing downward.



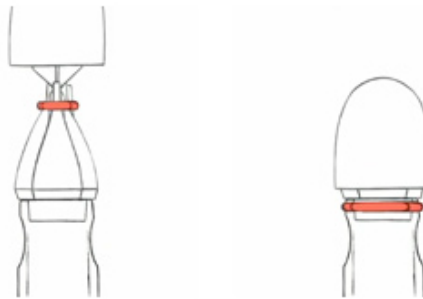
While you can stretch to load the rings onto the end of the cylinder directly, it is far easier, reliable and less likely to snap the ring by using the Easy Ring Applicator device. First, push the button to release and open the ring applicator device. Now, apply the device onto the end of the cylinder and give it a twist until the white dot on the top of the applicator, the guideline, and the oval groove on the cylinder all line up together. (The oval groove is opposite the Osbon Erecaid logo)



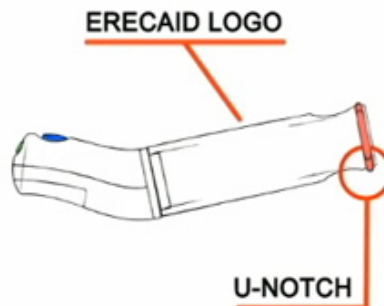
Cover the entire loading applicator with lubricant. Now, place the tension ring onto the cone by aligning the U-Notch on the tension ring with the white dot on the top of the applicator cone.



With the tension ring in place, grab the cap and place it back onto the cone, aligning it with the slots on the top of the loading cone. Then, press firmly downwards on the cap, causing the Osbon Erecaid ring to slide downward and into place on the cylinder.



With the ring loaded in place, remove the Applicator and re-attach to the pump on the other end of the cylinder. A correctly loaded ring will have the U-Notch in place at the bottom of the pump with the Erecaid logo facing on the adjacent end.



With the Erecaid ring loaded and the pump ready, it's time to lubricate the inside and rim of the cylinder, as well as your genitals.



## Applying The Erecaid Ring

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Now, just like the practice session, lubricate the inside and rim of the cylinder as well as your penis with the pump button facing upward (or the lever facing down). The U-notch of the ring should be directly underneath the base of the penis. Hold it firmly against the body and hold the pump button for several seconds, or pump the lever 4-5 times if you are using the Manual system.

If you feel discomfort, press the vacuum release button.

Once a full erection is achieved, carefully slide the tension ring down from the cylinder and around the base of the erection. (Keep the cylinder against your body to maintain the vacuum seal.)

Now, with the ring in place, press the green vacuum release button and remove the cylinder.

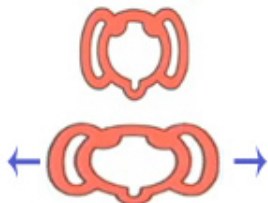
The tension ring will maintain an erection for up to 30 minutes. Don't use it for longer than 30 minutes, and allow at least 60 minutes between uses.

## Removing the Erecaid Ring

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Removing the ring is simple. After sexual activity, put a small amount of lubricant across the base of the penis in front of the tension ring.

Pull gently on the Removal Grips on either side of the tension ring to release the blood from the penis. Within 10-20 seconds, the erection will lose some of its firmness. Now, slowly pull the ring forward down from the base of the penis. (If necessary, use extra lubricant for removal.)



When finished, be sure to wash the cylinder, loader, and Erecaid tension ring with soapy water. This will keep it in good shape for the next use.

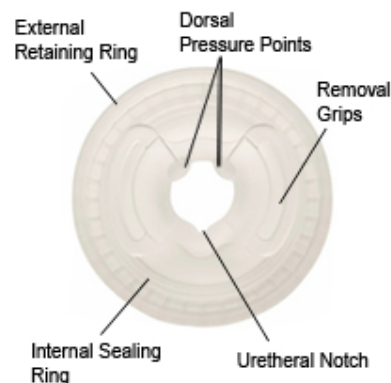
### **MORE TIPS:**

1. Remember when applying vacuum pressure to hold the device firmly against the body.
2. Be aware of any air leaks; they will cause you to lose pressure and the erection.
3. Use plenty of lubricant, which makes use more comfortable and helps prevent air leaks.
4. Do not try to rush; the best results and most comfort are achieved by pumping, and then allowing the blood to flow.
5. Use the proper size of tension ring. If you lose firmness after applying the ring, you may need to increase the tension or use a smaller size.
6. Don't leave the Erecaid ring on for longer than 30 minutes at a time.

## SurErec EZ Tension Rings - Instructions for Use

The SurErec Tension Ring has a unique and patented design which allows it to easily fit directly onto the end of the cylinder like a lid. This creates a firm seal with the cylinder and with the penis tissue which facilitates the vacuum process. This design also ensures that the scrotal tissue is not drawn into the cylinder when pumping.

These advantages give many patients a comfortable tension ring fit and more tension to assist in maintaining penis rigidity. Once an erection has been created, the ring is slipped off the end of the cylinder and remains at the base of the erect penis minimizing the ring transfer process. EZ Tension Rings are intended for use with Osbon Esteem and Classic cylinders and Vacuum Therapy Systems.



### Step-by-Step: Using the SurErec Tension Ring

**Step 1** - Remove the gray insert from the end of the cylinder provided with your Vacuum Therapy System and place the SurErec ring on the end of the cylinder like a cap or a lid.

**Note: DO NOT USE the Ring Loader with SurErec Tension Rings**

**Step 2** - Apply lubricant to the surface around the center of the SurErec ring opening as well as to the entire head of the penis.

**Step 3** - Place the head of the penis against the opening of the SurErec ring, making certain the Urethral Notch is on the bottom and the removal grips are on the sides.

**Step 4** - Operate the vacuum pump by squeezing the handle or pressing the power button on the pump handle. This will remove air from the cylinder and also draw the penis into the cylinder. Allow the penis to be drawn through the opening in the SurErec ring and into the cylinder until the ring is positioned near the base of the penis.

**Step 5** - Pump slowly for several seconds. Slow down or stop if you feel any discomfort. Pause to let the blood flow into your penis. Continue pumping until your penis becomes erect and lifts off the cylinder floor and is firm enough for intercourse.

**Step 6** - Press the green vacuum release button and pull the SurErec ring off the cylinder, so the ring remains positioned at the base of the penis. **CAUTION: Do not leave the Tension Ring on longer than 30 minutes. Allow 60 minutes between uses.**

**Step 7** - Remove the SurErec Tension ring after sexual activity by pulling the Removal Grips outward, away from the penis. Hold the grips in this position until the penis loses some firmness. Then slowly pull the ring forward and off your penis. Additional lubricant may be needed to aid in removal.

**Step 8** - Wash the SurErec ring with warm soapy water, rinse and dry thoroughly for storage until next use.