

## Guidelines for invasive procedure aftercare

### *Penile lengthening and penile girth enhancement*

|                              |                      |
|------------------------------|----------------------|
| Stay in the hospital         | 1 night              |
| Initial follow-up visit      | On the 2nd-3rd month |
| Next mandatory visit         | On the 3rd month     |
| First shower                 | On the 3rd-4th day   |
| May go to work               | After 1 week         |
| Swelling and bruising appear | 1-2 months           |
| Avoid physically hard work   | 2 months             |
| Avoid sexual relations       | 5 weeks              |
| Threads self-dissolve        | For 3-4 week         |
| Forbidden to smoke           | 1 month              |
| May go to sauna              | After 1 month        |
| Outcome can be evaluated     | After 6 months       |