



The Titan PRP/Exosome Injection for Male Enhancement Treatment Instructions

Pre-Treatment

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Aleve®, Celebrex®, Fish oil, Ginko Biloba, St. John's Wort and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s).
 - If you're on blood thinning medications for a medical condition, please consult with your doctor before discontinuing.
- Regular multi-vitamin and Tylenol® is permitted.
- Avoid alcohol and nicotine products 48-72h prior to your appointment.
- HYDRATE very well the day before and the day of your appointment for ease of blood draw.

Treatment Day

- Blood is drawn and PRP is processed (and exosomes are added if indicated)
- Topical numbing is applied to the treatment area for 15-20min
- PRP/Exosomes are injected into 5 points along the penis and in the glans
- The penis pump will be used at the end of the treatment for 10min to ensure proper use and to help evenly distribute the PRP for maximum effect.

Post-Treatment

- Bruising and tenderness is common due to the negative pressure created from the vacuum pump. This usually resolves within a couple of days.
- Avoid Ibuprofen, Advil, or Motrin for at least 48h
- Avoid alcohol and nicotine products for 48-72h after to your appointment
- Eat a healthy diet and drink at least 64oz of water per day
- You may resume sexual activity in 24h. Ensure that you clean the area very well before and after sex.
- Use the Vacuum Pump for 10min 2x/day (or one 20min session with a short break) at a pressure of -10 every day for 4-6wks to maximize effectiveness of the procedure.
 - You may substitute sex or masturbation for this. The goal is to have an erection for at least 10-20min a day, however that occurs.
- Results are seen by some within 24-48h, but can take up to 2 weeks.
- Depending on your current level of erectile dysfunction, up to 3 treatments may be required at 4-6wk intervals.
- When restarting ED medications (Viagra, Cialis, Trimix), start with half the dose you used prior to treatment and increase if needed.



**Your experience and satisfaction are incredibly important to us at Beauty FX.
If you are ever unhappy with your treatment for any reason, please let us
know so we can do our best to make it right.**