and a progressive dilation without removal of static devices. Study Design: A small pilot, in-office trial of the device was used in 10 patients at 2 diverse medical offices. Inclusion criteria: Subjects all had prior experience/exposure to use of traditional vaginal dilators. Subjects had a variety of diagnoses and all complained had pelvic floor hypertonus for at least four years. Subjects were examined by a clinician, prior to inclusion into the trial. Each subject used the device for 20-30 minutes with a water-based lubricant.

Results: Patients evaluated ease of insertion, efficacy to progress from one diameter to the next, as well as recorded pain and anxiety level. All reported that the gradual progression 1 mm increments was superior to step wise dilation and all reported less vagina pain and discomfort during their trial session. There were no serious adverse events or device complications reported. All reported that the device was superior overall to conventional available dilators.

Conclusions: This unique expandable dilator appears to present excellent promise as a novel dilator device that the patients can self control, and by slow incremental control progress at her own pace towards her goals. Larger long-term interventions are planned.

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COMBINED TREATMENT OF INJECTING PLATELET RICH PLASMA WITH VACUUM PUMP FOR PENILE ENLARGEMENT

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Introduction: To present the feasibility and safety of increasing penile length and girth by Combined Therapy, injecting Platelet Rich Plasma along with Vacuum Pump for penile enlagement.

Materials and methods: From January 2015 to December 2015, 1220 patients suffering from small Penis with or without erectile dysfunction, underwent our technique of increasing penile length and girth by injecting Platelet rich plasma. Patients were given Vacuum pumps for daily usage.

32 ml own blood was withdrawn from the patients by using BD vacutainers with ACD ‘A’ solution. Blood was centrifuged. Platelet rich Plasma and red blood cells were separated. PGE 1 injection was added to the Plasma. Platelet rich Plasma was injected into the Corpora, Local anaesthesia spray and injection was used. Procedure was repeated monthly once for five months. Graduated Vacuum Pump and measuring tapes were used for taking penile measurements. Patients was taught to use the vacuum pump and was advised to use it daily for 20 minutes for 5 months.

Results: 1220 patients underwent the procedure. The aetiologies were Micro Penis, Small Penis, Bent Penis, Peyronie’s Disease, severe Erectile Dysfunction, post-hypospadias repair, post-epispadias repair and post-priapism. The median follow-up was 6 months (range, 3-12 months). The mean penile length gain was 7 mm per injection. Total gain after 5 injections was 35 mm. The mean penile girth gain was 5 mm per injection. Total gain after 5 injections was 30mm. Adverse side effects were negligible. Severe or Fatal side effects were zero. Erection satisfaction by the patient was 70%.

Conclusion: Penile length and girth enhancement based on our technique of injecting Platelet Rich Plasma along with Vacuum Pump for patients suffering from small Penis, severe ED, significant penile shortening with or without Peyronie’s disease, is a safe cheap and effective procedure. Procedure can be performed in the out patient department.

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