

# THINGS TO KNOW

Ageless MD

# BEFORE MALE ENHANCEMENT



NO RIGOROUS EXERCISE FOR 1 WEEK, LIGHT ACTIVITY OK AFTER 2-3 DAYS



AVOID TAKING ASPIRIN/IBUPROFEN OR BLOOD THINER SUPPLEMENTS 1 WEEK BEFORE & AFTER TO PREVENT BLEEDING



AVOID ALCOHOL FOR 24 HOURS BEFORE AND AFTER



WEAR SUPPORTIVE UNDERWEAR (NO LOOSE BOXERS) FOR 1 WEEK AFTER TREATMENT. CHANGE UNDERWEAR DAILY



EXPECT SOME BRUISING AND SWELLING, USE ARNICA PRODUCTS IF IT OCCURS

# AFTER



DO NOT BEGIN MASSAGING UNTIL AT LEAST 24-48 HOURS AFTER TREATMENT



KEEP AREA BANDAGED FOR THE REST OF THE DAY. AFTER 24 HOURS, CHANGE DRESSING ONCE A DAY FOR 2-3 DAYS



BE SURE TO WASH YOUR HANDS BEFORE TOUCHING THE TREATED AREA



NO INTERCOURSE OR MASTURBATION 2 WEEKS POST TREATMENT



CONTACT US FOR ANY CONCERNS

FOR MORE DETAILS PLEASE CONTACT OUR OFFICE @ 714.760.9918