

UTAH MEN'S HEALTH | Ahead of the Curve
VERAPAMIL PATIENT HANDOUT

Verapamil Injections

Injections of verapamil directly into the plaque may help to soften the plaque and reduce pain, especially early in the condition. They are often prescribed in addition to:

- 1) A medication that will help with pain and to keep the condition from worsening
- 2) Traction devices - In our clinic, we have found that approximately 70% of men report improved curvature, improved discomfort, and/or increased blood flow.

Before injecting verapamil into the Peyronie's plaque, the penis is numbed by lidocaine injections. Once sufficiently numb, verapamil is injected directly into the plaque, redirecting the needle to reach the entirety of the plaque. After the injection, the penis is wrapped in a pressure bandage to prevent swelling and bruising. This bandage should be removed 3 hours after the procedure. You may have some bruising of the penis after the injection, this is normal. You should not have intercourse or other sexual activity for 24 hours after the injection.

We typically start with a series of 6 Verapamil injections every 2 weeks. We then reassess how you are doing clinically. Some men do not need anything else, some chose to have a second round of injections, and some may go on to surgical correction.

Verapamil injections are quite safe, the main risks being: pain, swelling, bruising, infection and that the injections don't work. Verapamil injections may be used before any surgical intervention for Peyronie's disease, since improvement in curvature etc. will make a surgical correction easier on the patient.

If you have questions please call the office at **(801) 587-1454**.