

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

### **Xiaflex Treatment**

- A Xiaflex treatment course consists of a maximum of 4 treatment cycles.
- Each treatment cycle consists of 2 Xiaflex injection procedures. Penile modeling should be included 1-3 days after each injection round.
- The second Xiaflex injection procedure occurs 1 to 3 days after the first.
- After the injections of each treatment cycle, the patient performs approximately 6 weeks of daily, at-home penile modeling activities
- Penile traction with a traction device: should begin 2 days after second injection 2 hours daily.
- If prescribed, continue to take pentoxifylline and sildenafil daily.
- **Wait 2 weeks after the second injection of each treatment cycle before resuming sexual activity, provided pain and swelling have subsided.**

### ***At-Home Penile Modeling Activities***

There are 2 types of at-home penile modeling activities. One is a gentle stretching activity; the other is a gentle straightening activity. You should do these for approximately 6 weeks after each treatment cycle. *Please refer to your Xiaflex pamphlet for further instruction.*

- Perform the penis-stretching activity daily, three times per day, with a non-erect penis (Using a traction device will replace this).
- Perform the penis-straightening activity no more than once per day only if a spontaneous erection occurs. If you do not have a spontaneous erection, you should not attempt the penis straightening.

**Modeling: Can be performed daily for 5-6 weeks in addition to traction.**

- 1-3 days after injection, grasp penis by the glans (tip) and stretch out.
- Using the target plaque as a bending point, bend the penis in the opposite direction of plaque and your curve.
- Hold this stretch and bend for 30 seconds, then release.
- Rest 30 seconds, then repeat for a total of three times.

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### ***Risks***

- Risk of penile fracture and other serious injury to the penis
- Your penis may appear bruised and/or swollen
- You may have mild-to-moderate penile pain that can be relieved by taking over-the-counter pain medications

***Promptly contact us at (801) 587-1454 or go to the nearest emergency department if, at any time, you have any of these symptoms:***

- a popping sound or sensation in an erect penis
- sudden loss of the ability to maintain an erection
- difficulty urinating or blood in the urine
- severe pain in the penis

These symptoms may indicate penile fracture, and may require surgery.