



R U M A
aesthetics

PERFORMANCE SHOT

PRE AND POST CARE

PRE-TREATMENT CARE:

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Any antibiotics taken need to be completely finished two weeks prior to injection appointments.
- Separate any dental visit out two weeks before/after any injection appointment.

POST-TREATMENT CARE:

- Expect minor swelling, discomfort, warmth, and redness. These symptoms could last up to 2-3 days.
- Apply ice for the first 48 hours as needed; 20 minutes on and 20 minutes off.
- Tylenol/Acetaminophen 500mg every 4-6 hours as needed for discomfort or swelling. Do not take aspirin, Advil, Motrin, Aleve, NSAIDs or Corticosteroids for 14 days post-procedure. These medications may inhibit the natural inflammatory response.
- Avoid HOT baths for 48 hours. Avoid hot tubs for at least 1 week.
- No intercourse for at least 24 hours as the tissue heals. Ok to resume after 24-48 hours if you do not have any more symptoms and the swelling has improved.
- Avoid exercise such as cycling which involves excessive pressure on the pelvic area for 24 hours.

POST-TREATMENT PUMPING INSTRUCTIONS

- Use a pump for 10-15 minutes twice a day for 6 weeks. Pressure should be at level 1.
- These two sessions may be back to back as long as they are separated by 5 minutes between each session.
- The pump improves the benefits of the procedure, especially for growth or Peyronie disease.
- Do not go above level 1 or 2 on the pressure as too much pressure may damage the penis.
- Please contact RUMA at 801-514-7650 immediately if there is any indication of infection, excessive swelling, or uncontrolled pain. If after hours text 435-210-6401

If you have questions after your appointment please call 801-514-7650 or for after-hours questions, please text 435-210-6401 Thank you for choosing RUMA Aesthetics!