

JUVE

P Shot Procedure Post Care Instructions

- No restrictions involving sexual contact, you can have sex right afterwards. Utilize the pump as directed.
- No Ibuprofen, Aleve or other anti-inflammatories for 6 weeks to ensure best results, baby aspirin is ok for cardiac patients as directed by their doctor, however, the results can be lessened.

Pump Instructions:

- 10 minutes at a pressure of 10 mmHg immediately after the shot.
- Then 10-15 minutes, twice a day, every day for at least 6 weeks.
- These two sessions can be back to back separated by a 5-minute rest.

If you have any questions or experience fever, chills, drainage, discharge or extreme discomfort please contact us at (912)259-9802.