

## **PRP to the PENIS**

Penis enhancement involves the use of PRP, platelet-rich plasma, injected into the penis. The idea is to restore the nerve ending function or improve nerve ending function, which can subsequently lead to improve blood flow and as you know more blood flow leads to larger erections and overall improve the sexual experience for men.

The procedure is quick withdrawal of blood gently from the arm, about 6 mL of PRP are isolated to isolate the platelet-rich plasma, and then we inject the PRP into the penis.

I know you think it is very painful, but surprisingly it is not. For #1, we apply topical medication to the areas of injection and #2 we do a field block. So, there is some discomfort, but it is tolerable and the injections are quick with a very small needle and then what we do is after the injections we apply a penis pump for about 7-10 minutes to allow the vessels to dilate and for the PRP to move around and saturate the tissues.

The patient is then given the penis pump and encouraged to use it about 10 minutes every night for a week and the results have been pretty impressive. Most men will report how much better the sex has become, how much tighter the condoms feel given improved circulation and girth, and how much more pleasure they experience with sex now.

**TAKE HOME POINT:** PRP, or platelet rich plasma, is used to enhance sensation of the penis and improve erections.