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## What You need to Know about Erectile Dysfunction & How Pos-T-Vac Vacuum Pump Devices Work.

## Erectile Dysfunction: Pos-T-Vac devices

A Pos-T-Vac vacuum Pumps are an external pump with a band on it that a man with erectile dysfunction can use to get and maintain an erection.

The Pos-T-Vac vacuum Pump consists of an acrylic cylinder with a pump that is attached directly to the end of the penis. A Pos-T-Vac ring is placed on the cylinder at the other end, which is applied to the body. The cylinder and pump are used to create a vacuum to help the penis become erect; the Pos-T-Vac ring is used to help maintain the erection.

### **How Do Pos-T-Vac Devices Work?**

- Place the pump, which can be pumped by hand or run on batteries, over the penis.
- Pump the air out of the cylinder so that a vacuum is created. The Pos-T-Vac draws blood into the shaft of the penis and causes it to swell and become erect.
- Once the penis is erect, with the help of lubricant, slide the retaining band down onto the lower end of the penis.
- Remove the pump after releasing the vacuum.

Intercourse can be attempted with the constriction band in place to help maintain the erection. The band can be left on safely for up to 30 minutes to allow for successful intercourse.

Be sure that devices brought without a prescription contains a "quick release" feature, as there have been reports of penile injuries due to devices that did not release its vacuum on-demand or released it too slowly.

## How Well Does Pos-T-Vac Work?

Studies suggest that about 50%-80% of men are satisfied with the results.

## Who Should Consider Using a Pos-T-Vac Vacuum Pump?

The Pos-T-Vac vacuum Pumps are safe and can be used by patients with ED caused by many conditions, including:

- Poor blood flow to the penis
- Diabetes
- Surgery for prostate or colon cancer
- Psychological issues such as anxiety or depression

Pos-T-Vac devices should not be used by men who may have a significant congenital bleeding disorder or a disorder that predisposes them to a condition called priapism (a prolonged, sometime painful erection lasting over several hours). Examples include sickle cell anemia, some forms of leukemia, and other blood conditions.

Pos-T-Vac devices may be difficult to use in obese men because of fatty tissue in the lower abdomen. It's important to get a good seal against the skin.

In addition, for men who've had prostate surgery, a regimen of vacuum device usage is recommended - four or five times daily -- to help increase the blood flow to the penis. It may take several months to work. Talk to your urologist about the specifics of this protocol.

## What Are the Side Effects of Pos-T-Vac devices?

An erection obtained by the Pos-T-Vac device is not the same as an erection achieved naturally. The penis tends to be purplish in color and can be cold or numb. Other side effects can include:

- A black and blue mark or small area of bruising on the shaft of the penis. This is usually painless and generally will resolve in a few days.
- Decrease in the force of ejaculation. The constriction band traps the ejaculate or semen at the time of orgasm. This is not dangerous and usually does not cause pain. The semen will usually dribble out once the constriction band is removed. Generally, this does not interfere with the pleasure of a climax or orgasm.

## Erectile Dysfunction Pump: Manual vs. Battery-Operated

- **Manually operated.** These pumps require the user to create the negative pressure in the cylinder with a manual pump. This often requires the use of two hands – one to hold the cylinder steady on the penis against the pubic bone, and the other to operate the pump. Many men like the manual operation because it gives them more control to “double pump,” a technique that alternates the generation of negative pressure, letting it build and then letting the pressure off, until the erection is achieved.

- **Battery operated.** These “powered” devices are often preferred because they can be used with one hand. The on/off mechanism is on the top of the cylinder, allowing for the user to activate the pump and hold the cylinder in place at the same time. The powered features of these erectile dysfunction pumps are often favored by men with poor manual strength or dexterity or those with Parkinson’s disease or arthritis.

Both manually operated or battery-operated pumps allow for the slow generation of negative pressure, which means blood is drawn to the penis safely and comfortably. Both have safety mechanisms in place to ensure you do not “overpump” and cause penile harm. And both are FDA approved and scientifically proven to be effective in the treatment of erectile dysfunction.

[Pos-T-Vac: User Manual Battery Operated](#)

[Post-T-Vac: User Manual Manually Operated](#)

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