

Peyronie's Disease: Xiaflex Post-Injection Instructions

This handout reviews important instructions for men following Xiaflex injection. **For an electronic copy of this brochure and more information on Peyronie's, we encourage you to visit our website at www.indymenshealth.com/service/peyronies-disease/.** There we have several educational resources including video content and other handouts. If you ever have any questions or concerns, please feel free to call the Men's Health Center at (317) 564-5104.

What should I do immediately following my injections?

Following your Xiaflex injections, your provider will apply a small compressive bandage around your penis. This is designed to reduce bruising and swelling. Please keep this in place for at least 24 hours before removing it in the shower. It can be removed earlier if you experience trouble with urination or blood flow.

If this is the first injection of your cycle and your second injection is scheduled the following day, your bandage will typically be removed in the office by our staff. If your second injection isn't scheduled until 2-3 days later or if this is the last injection of your current cycle, please remove your bandage at home in the shower the following day. Please note that bruising is extremely common and should be expected following treatment.

What are my restrictions following Xiaflex injection?

Xiaflex injections are designed to weaken the scar tissue associated with Peyronie's disease. This allows the penis to be straightened over time with regular exercise. However, this can make the penis more susceptible to damage. As a result, you must not engage in sexual activity for at least 4 weeks following each injection.

When should I start doing my traction therapy?

You should start performing your traction therapy approximately 1-2 days following the second Xiaflex injection of each cycle. We strongly recommend using the RestoreX traction device as it's been proven to provide better outcomes than hand exercises alone. Please visit our website at www.indymenshealth.com/services/peyronies-disease/ to learn more about RestoreX and traction therapy. Our handouts are available at the bottom of the page.

What should I do if I experience discomfort?

Significant discomfort following Xiaflex treatment is uncommon. Most discomfort is quite mild and typically well-controlled with over-the-counter medications like acetaminophen (Tylenol) and ibuprofen (Motrin).

When should I contact the office?

Please contact the office if you experience any signs or symptoms consistent with penile fracture or an expanding hematoma. Penile fracture following Xiaflex therapy is extremely uncommon, but can be experienced during sexual activity, especially if men do not wait the required 4 weeks following their injections. Common symptoms include a prominent popping noise with sexual activity and sudden significant penile swelling and bruising.

Penile hematoma is more common than penile fracture and is essentially a more severe form of bruising that is not associated with sex or an overt injury to the penis. This can sometime be accompanied with 'blood blisters' at the level of the skin. Although these can be quite distressing to see, the overwhelming majority will heal on their own without intervention. Still, if you ever have any concerns, please don't hesitate to call our nurses' line at (317) 564-5104.

If you want to learn more about Peyronie's disease, we encourage you to visit our website at www.indymenshealth.com/services/peyronies-disease/. There we have several educational resources including video content and other handouts. Call us at (877) 362-2778 to make your appointment today!