Penile Rehabilitation: Is It For You?

Penile rehabilitation is a fairly new concept in sexual medicine. It consists of medical and therapeutic treatments to restore penile health and function before, during or following surgery, trauma, illness, or even lack of use. No matter what the cause, penile rehabilitation is an important component in helping men regain satisfactory sexual function.

For the Prostate Cancer patient, having a penile rehab program in place is very important. Whether you are newly diagnosed with prostate cancer, or treatment ended long ago, penile rehabilitation can help. Let's face it; the worry about the impact of PCa on your sex life is always present. Erectile dysfunction, loss of penile size, changes to your sex life, and challenges to your masculinity are all legitimate concerns.

Taking action and having a workable plan in place can help emotionally, mentally and especially, physically. Life is too short to spend month after month, waiting to see if things improve on their own. If you are willing to work, we are committed to helping you reach your goals.

A good Penile Rehab program will include medical treatment and sexual education to allow you to maintain a healthy sex life while you are healing. Physical therapy will assure that your penis is being used and exercised so that you can optimally improve.
What are the Goals of a Penile Rehab Program?
Our Goal: To help you get back to a normal sex life as soon as possible.

- We want to accomplish this with the least medical intervention needed
- We want to limit long term damage which can occur from neglect or lack of use
- We want to equip you to manage your own sexual health for the rest of your life

When Should a Penile Rehab Program Start?
In short: The sooner the better. In a perfect world, penile rehabilitation would start before you have surgery or treatment, but at the very least, it should begin as soon as possible after surgery or trauma.

When you start a penile rehab program prior to surgery or cancer treatment, the effects of surgery and treatment can often be better contained and the outcomes may be significantly better.

However, we know the reality is that many men wait until there have been existing problems for months, if not years, before they come in for treatment. If that's you, don't despair. There are still many treatment options available to you. It's never too late to start.

A COMPREHENSIVE PENILE REHABILITATION PROGRAM

Why is a penile rehabilitation program needed?
One of the most important factors in determining what the quality of your post-operative erections will be is your commitment to rehabilitating your penis. A recent study of men who committed to a program of penile rehabilitation showed that 52% of them recovered unassisted functional erections (i.e. they could get and maintain an erection strong enough for penetration without medication.) This compared to a recovery of 19% in the group who did not participate in rehabilitation. In this same study, 64% (versus 24%) responded adequately to Viagra, and 95% (versus 76%) responded to injections.
Who should put the rehabilitation program into place?
The ideal is for this treatment to be performed by a urologist specializing in erectile dysfunction. Oncologic urologists (those specializing in urologic cancers like prostate cancer) will often not have the same level of expertise with erectile dysfunction as they have with cancer. These are two very different areas of expertise and both require extensive training and experience.

When should you begin?
Studies have conclusively shown that the sooner you start treatment after the surgery, the faster your recovery, and the better the final results will ultimately be. The incidence of post-surgical venous leakage (as described above) increases as the amount of time without treatment increases—30% at eight months and 50% at 12 months.

Please contact us at (914) 997-4100 to schedule an appointment, or visit us at www.wernermd.com to read more about our penile rehabilitation program. We are here to help.