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Himplant
IMPLANT FOR MEN

Himplant

A Comprehensive
Guide to Modern Male
Enhancement





The Himplant

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Beverly Hills, CA
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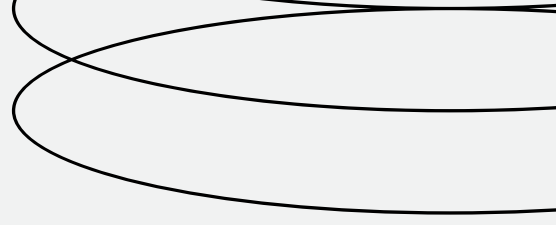
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As with any surgical procedure, there are potential risks and complications associated with this procedure. They will be discussed in detail with you by your surgeon prior to any procedure. Possible risks and complications include, but are not limited to, infection, seroma, suture detachment, scarring, pain, swelling, and others. Risks and complications may result in implant removal or revision, which have risks and complications associated with them.

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CHAPTER 1

Historical Journey: The Evolution of Male Enhancement

Previously, penile enlargement was often seen as a taboo topic, and its development isn't well-studied. Even though the use of scientific methods for enhancement is relatively recent – around a century old – there's been a longstanding fascination across cultures and ages with larger size. This historical interest explains today's increased demand for enhancement.

Bigger is Better: Penis Idolization in Ancient Art and Culture



Ancient depictions of exaggerated male anatomy can be traced back to 6000–5000 BCE. Cave paintings found on the East Mediterranean coast depict rudimentary human stick figures endowed with a “third leg” in the middle, suggesting an early fascination with large phalluses.

Between 4400 and 3100 BCE, prehistoric Egyptians worshiped Min, the god of harvest and fertility, typically portrayed with a large erection, almost the size of his legs. Egyptian longleaf lettuce, an aphrodisiac and visually phallic vegetable, was often consumed by men seeking to increase their size and virility.

Fast forward to Roman civilization, the figure of Priapus, the protector of plants, gardens, and livestock, was routinely depicted with an oversized, permanently erect penis. This larger-than-life representation of male genitalia is the origin of the medical term “priapism”.

Beyond ancient art and artifacts, various cultural practices and festivities celebrate large male genitalia. The ancient Greeks, for instance, held the festival of Dionysus in the 3rd century BCE, where a colossal 180-foot long phallus was paraded through the streets of Alexandria. Even today, the annual Japanese "Penis Festival," or Honen Matsuri, features the public procession of a giant 96-inch long phallus called the youbutsu ("the male object").

A Worldwide Phenomenon: Augmentation Techniques Through the Years

Given the timeless fascination with large penises, it's unsurprising that attempts at enlargement span multiple cultures and time periods. Techniques include the dangerous practice of hanging weights directly from the penis, reported in Africa, India, and Peru, dating back 2,000 years.

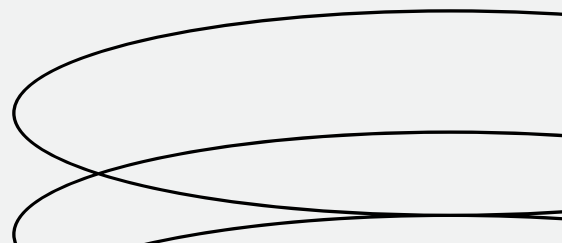
Other dubious techniques include inducing wasp stings on male genitals for enlargement, as described in the Kama Sutra, the ancient Indian Sanskrit text.

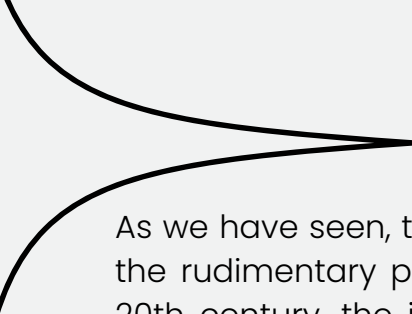
In the 16th century in Brazil, men of the Topinama tribe purposefully allowed their penises to be bitten by snakes, seeking enlargement through swelling and inflammation.

Modern Materials: 20th Century Developments in Penile Technology

While it is difficult to trace a comprehensive history of penis enlargement due to its stigmatized nature and lack of scientific validity, the 20th century witnessed significant innovations in penile technology.

Most modern penile augmentation techniques are adaptations of existing penile surgery and plastic surgery methods. The journey to scientifically valid penile augmentation using the Penuma implant wouldn't occur until the 21st century, but the 20th century saw the advent of the first vacuum traction device and the creation of synthetic penile implants.





As we have seen, the quest for male enhancement is as old as civilization itself. From the rudimentary practices of ancient cultures to the more modern attempts in the 20th century, the journey of penile augmentation has been fraught with trials and errors. Let's revisit some of these methods to understand their limitations.¹

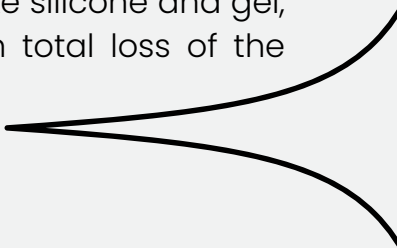
- **Weight Hanging:** Practiced for centuries, this method involved hanging weights from the penis. Not only was it ineffective for long-term enlargement, but it also posed significant risks like tissue damage and loss of penile function.
- **Topical Applications and Injections:** Various substances, including wasp stings and silicone, were applied or injected to increase size. These often led to severe complications like inflammation, infection, and disfigurement.
- **Surgical Attempts:** Early surgical methods, such as AlloDerm grafts and fat injections, were aimed at increasing girth. Unfortunately, they frequently resulted in asymmetry, irregularity, and even serious health risks.
- **Vacuum Devices and Pumps:** These devices promised temporary enlargement but could lead to vascular damage and were ineffective for permanent enhancement.
- **Suspensory Ligament Cutting:** A surgical technique intended to lengthen the penis often resulted in scar formation, retraction, and dissatisfaction with the aesthetic and functional outcomes.

These methods, while indicative of the persistent desire for enhancement, were largely unsuccessful and sometimes harmful. The complications and dissatisfaction arising from these procedures highlighted the need for a scientifically sound, safe, and effective approach to penile enhancement.

The Quest for Enhancement

The journey of aesthetic penile enhancement began in earnest in the mid-1990s, inspired by the success of breast implants. Despite the enthusiasm, early attempts at enhancement proved disastrous. Fat injections, one of the initial methods attempted, proved fatal in a high-profile case in 1994, prompting a general retreat from the field. A later attempt to perform fat injections showed little improvement. Over time, the fat cells were absorbed back into the body, resulting in unwanted side effects like nodules and deformities.

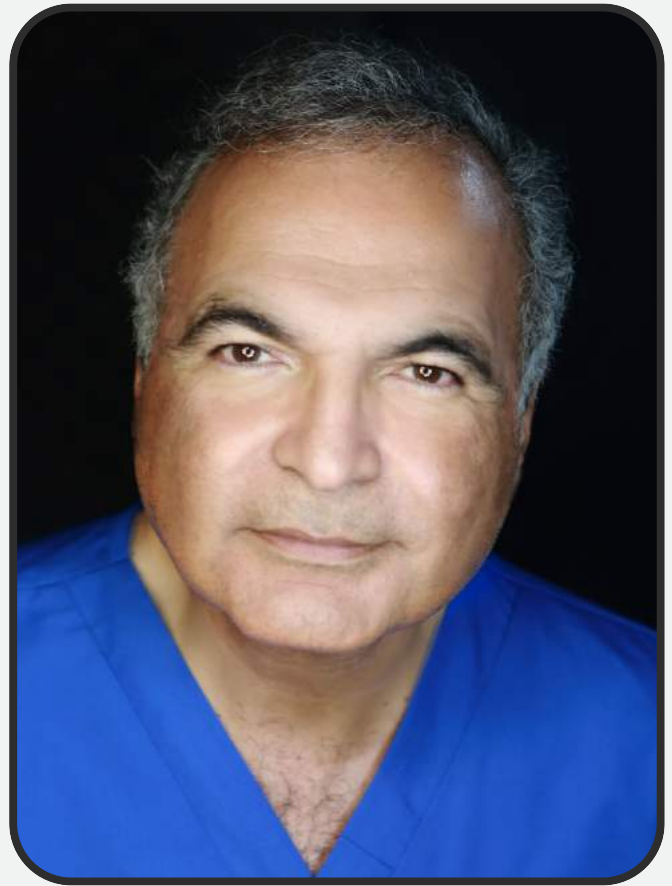
Other experiments involving dermal grafts were also unsuccessful. Surgeons removed the skin and subcutaneous fat from the lower abdomen or buttocks and inserted it beneath the skin of the penis. This technique too failed, often causing further deformities. Other injection-based methods involving substances like silicone and gel, sometimes led to catastrophic results, including necrosis or even total loss of the penile glans.



The Turning Point

2002 marked a significant shift in the pursuit of successful penile augmentation. Dr. James Elist, a Beverly Hills-based urologist, was acutely aware of the failings of previous attempts. His approach was informed by his extensive experience in treating erectile dysfunction (ED) with prosthetics, and he took inspiration from breast augmentation procedures. His innovative idea: to use soft silicone implants that would not be reabsorbed.

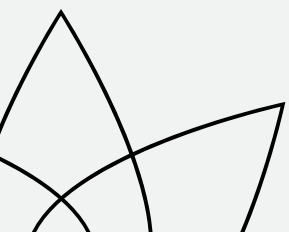
With his extensive background in urology and lessons learned from insertion of thousands of penile prosthesis to treat ED, Dr. Elist developed the Penuma implant, which gained FDA clearance in 2004. This implant has since significantly impacted the lives of thousands of patients.

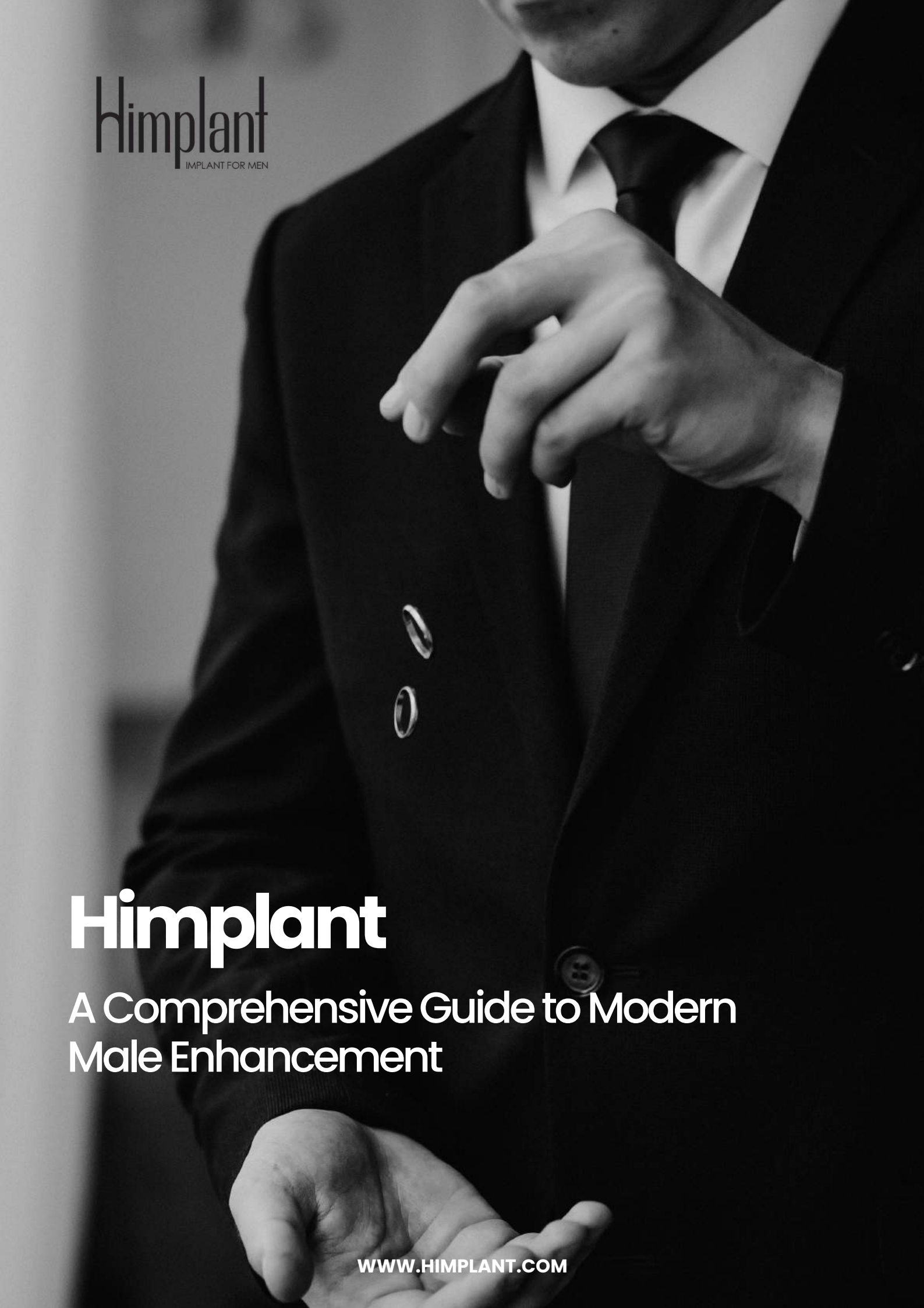


Road to Enhancement

Initially, the Penuma implant found use in helping those men who had experienced penile narrowing due to ED treatments involving penile prosthetics. The Penuma implant was intended to help them regain the size lost during treatment.

The implant proved successful, increasing the penis size of these patients as documented in the International Journal of Impotence Research. Over time, the Penuma implant was found to have additional benefits, including the ability to correct asymmetrical appearances caused by mild to moderate curvature of the penis as well as retractile penises.



A black and white photograph of a man in a dark suit, white shirt, and dark tie. His hands are clasped together in front of him, with his fingers interlaced. The background is a soft, out-of-focus grey.

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Evolution and Expansion

Since its initial success, the Penuma implant has evolved into a popular choice for aesthetic penile enhancement. More and more urologists have been trained in the Penuma procedure since 2019. As of now, there are clinics all across the U.S providing this service, and the number continues to grow.

Innovation continues in the field, and in 2021, a new "concealed scar" implantation technique was introduced. The story of the Penuma implant serves as a testament to the power of scientific perseverance and innovation.

Himplant: The Future of Penis Augmentation

In the continuing journey of penile enhancement, Penuma has taken a bold leap forward with its latest offering: the next-generation male enlargement implant, Himplant.



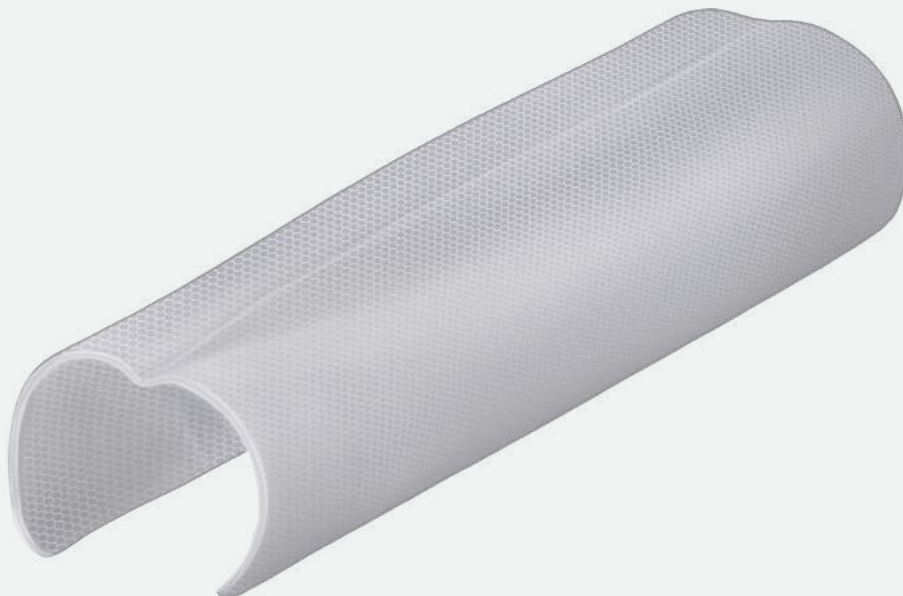
CHAPTER 2

Himplant: The Future of Penis Augmentation

Himplant

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This state-of-the-art aesthetic penile implant has been designed to not only offer aesthetic outcomes but also to streamline the surgical procedure and recovery process for patients.



Innovative Design and Technology

Himplant's innovation lies in its unique design, which integrates reinforced surgical sheeting within the implant itself. This cutting-edge feature is designed to reduce surgical procedure time and potentially lead to smoother recovery periods for patients.

Early observations point towards more positive aesthetic results due to this design innovation.

Enhanced Suture Placement

One of the significant enhancements of the Himplant over its predecessors is the improved ease of suture placement. This development allows for more secure and natural positioning of the implant behind the glans, contributing to a superior overall appearance post-surgery.

Reinforced Design for a More Natural Fit

Himplant features a reinforced design that aims to give the implant a more natural fit behind the glans. This improvement in design is intended to enhance both the look and feel of the implant, making it an even more appealing option for those considering penile enhancement.

Removal Process If Desired

Despite its many improvements, the Himplant retains one crucial feature of its predecessors: the possibility of removal. If for any reason a patient decides the implant no longer serves their needs, the combination of Himplant's design, surgical technique, and embedded surgical sheeting facilitates a straightforward removal process. This option provides an additional peace of mind for patients.

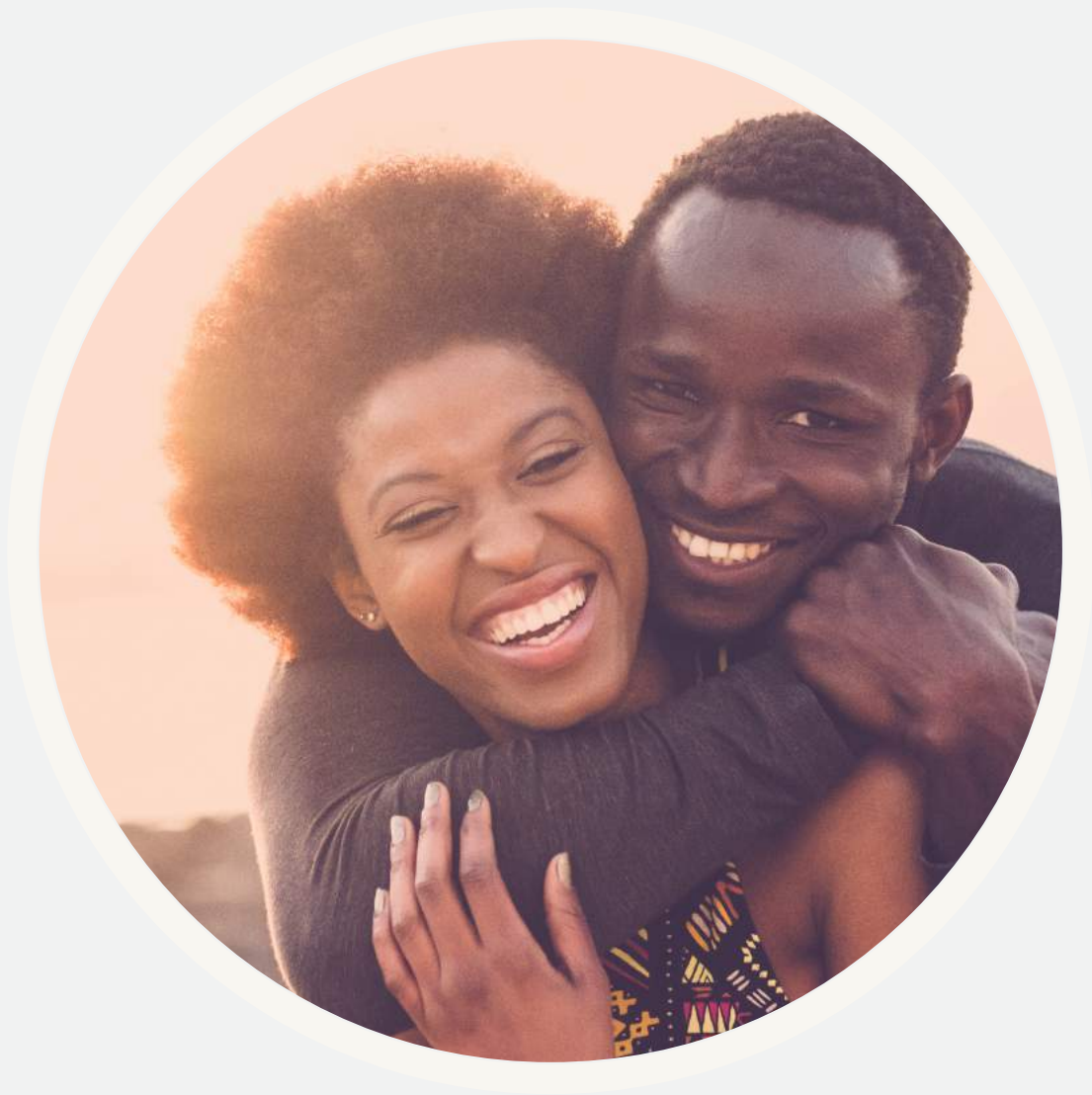
Aiding in Recovery and Transition

The Himplant has been engineered with patient comfort and satisfaction in mind. Its innovative design and the potential for reduced surgical time work together to minimize post-operative discomfort and reduce the likelihood of complications. This cohesive approach aims to provide a smoother experience for patients transitioning to their new implant.

In the constantly evolving landscape of penile enhancement, the Himplant stands as a remarkable achievement. It represents a significant advancement in implant technology, offering potential benefits such as improved aesthetics, a more natural fit, smoother recovery, and easier removal. Himplant continues to be the pioneer in the field, living up to its promise of **"Revolutionizing Confidence, One Implant at a Time."**

The Journey Ahead

As a vanguard in the field of penile augmentation, the Himplant implant and its predecessor have significantly influenced the course of male enhancement. While its journey has been marked by substantial advancements and transformational impact on patients' lives, this story is far from over. The future holds exciting potential for further innovation in penile enhancement technology, and Himplant will undoubtedly remain at the forefront of this journey.



CHAPTER 3

Anatomy of Enhancement: Comparing Methods

Penis enlargement surgery, or male enhancement procedure, is a procedure with the goal of enhancing the size of the penis.

There are several methods used to enhance the size of the penis; however, not all are safe or effective.

Here are some of the known operations offered across the US.

- Himplant®
- Suspensory ligament division
- Skin grafts such as AlloDerm
- Penis fillers
- Fat injections

The following table offers a comparative analysis of some of these procedures.

Procedure	Cost	Procedure Type	FDA Cleared For Penis Use?
Himplant®	\$16,000 to \$20,000	Surgical Implant	Yes
Division of Suspensory Ligament	\$15,000 to \$25,000	Surgical	No
AlloDerm/ BellaDerm	\$10,000 to \$15,000	Surgical Graft from cadaver	No
Dermal Filler/Fat Graft (Including Hyaluronic Acid)	\$25,000 to \$30,000 (multiple treatments required)	Injections	No
Fat Injections	\$14,000 to \$30,000 (multiple treatments required)	Injections(After Surgical Liposuction)	No

Suspensory Ligament Division

The suspensory ligament joins the pubic bone to the base of the penis. The idea behind a suspensory ligament division is that cutting the ligament can cause the internal parts of the penis to move forward and outside of the pubic area, giving the visualization of a longer penis.

Unfortunately, this procedure is risky and ineffective. The division does not actually increase the length of the penis and may in fact retract the penis and lead to a loss of length if scar tissue forms.² As such, many urologists as well as the American Urological Association do not consider suspensory ligament division “safe or efficacious”.³



AlloDerm

Acellular dermal matrix, or AlloDerm, is graft from cadaver. AlloDerm is normally used to repair damaged sections in hernia and breast reconstruction surgeries. AlloDerm is most successfully applied in procedures that require regenerative properties.⁴ AlloDerm has not been cleared for use in penile enhancement and can cause serious complications.

AlloDerm penoplasty complications may include asymmetrical appearance of the penis, moderate to severe skin adhesion that can result in necrosis, and severe infections caused by the AlloDerm material.



Side Effects and Complications:

Allograft Phalloplasty (Acellular Dermal Matrix)

- Infection
- erosion formation (insult to tissue integrity)⁵
- ulceration (development of erosion)
- lesion formation
- inflammation
- necrosis (Fournier's gangrene or tissue death)⁶
- rejection of the graft
- disfiguration

V-Y Plasty (Skin Reconstruction Plasty)

- Compromised flap vascularization (Lack of vascularization)
- wound dehiscence (wound reopening)
- infection
- dorsal flap loss (skin loss)⁷
- penile reattachment to pubis (adhesions, scar tissue formation)⁸
- alteration to angle of erection (penile curvature, shifts to orientation)⁹

Penile Enhancement Fillers

Penile enhancement fillers include gel injections, PMMA injections, hyaluronic acid injections, and fat grafts. While some of these materials may be approved for use elsewhere on the body, none of them are approved for penile use.

Because filler materials are reabsorbed by the body, they can potentially lead to severe deformities, asymmetrical penile appearance, and permanent skin damage. They do not impact the length and can only temporarily increase girth.



Side Effects and Complications:

Hyaluronic Acid Injection (Soft Tissue Filler)

- Substandard augmentation (below standard results)
- Deep vascular compromise¹⁰
- excessive injection of the filler (disfiguration)
- Infection
- erythema (bleeding)
- ecchymosis (bruising)
- hyperthermia (inflammation)
- swelling
- hypersensitivity
- non-inflammatory nodule formation (nodule formation, abscess formation).¹¹

Silicone Injection (Soft Tissue Filler)

- Inflammation
- delayed abscess formation¹²
- Penile dysfunction¹³
- ulceration (development of erosion)
- migration of filler
- disfiguration
- necrosis (Fournier's gangrene or tissue death)¹⁴
- edema (seroma)
- Penile curvature.¹⁵

Fat Injections

For a penile fat injection, the surgeon will lipo fat tissue from a fatty portion of the patient's body, prepare and, then inject it under the penile skin using a large needle.

Fat injections are risky. As with fillers, the body absorbs the material over time and can lead to lumps and severe deformities.¹⁶ Even without side effects, any girth gains are temporary, meaning the procedure needs to be repeated regularly.¹⁷

Subcutaneous fat injections are not recommended by the American Urological Association (AUA).³





Fat Injection



Fat Injection



Gel Injection



Silicone Injection



Silicone Injection



PMMA Injection

CHAPTER 4

Your Questions Answered: An Extensive Himplant FAQ

BEFORE THE PROCEDURE

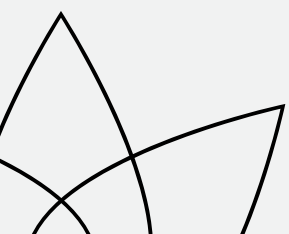
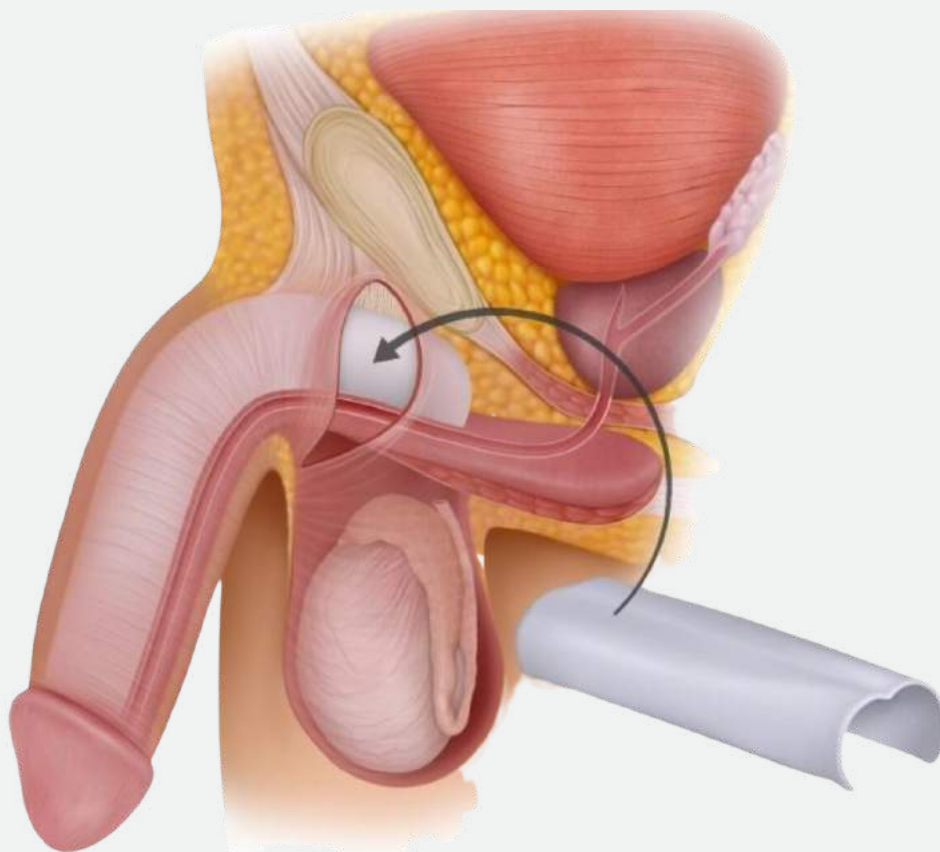
How is the Himplant surgery performed? How is the Himplant implant inserted?

Himplant is an innovative subcutaneous penile implant engineered to be inserted beneath the penis skin.

The operation involves your Himplant surgeon making an incision along the superior section of the scrotum. Typically 1-2 inches below the junction of the scrotum and the penis.

By choosing this specific access point, we not only minimize the risk of scar tissue formation but also take advantage of the unique texture of the scrotal skin. This helps to better conceal the surgical incision line, promising a visually satisfying outcome after complete recovery.

Upon creating the initial access, the Himplant is placed under the skin of the penis. The design of the implant is a 270-degree wrap around the penis shaft, thus ensuring that it does not interfere with the urethra.



After ensuring correct placement, the Himplant is securely fastened with sutures right behind the glans of the penis. This strategic placement allows the implant to naturally stretch forward during an erection. To maximize stability and durability, the Himplant incorporates embedded surgical sheeting, enhancing its reinforced design and facilitating the implant to sit more naturally behind the glans.

Concluding the operation, the incision is carefully sewn up, and a JP (Jackson-Pratt) drain is introduced to assist in the healing process. Typically, the drain remains in place for 2-3 days, but this timeframe may differ based on the individual patient's healing progress.

The Himplant procedure typically spans between 45 minutes to an hour.

You're invited to explore a digital visualization of the procedure:

[Click Here](#) or scan the QR code.



How much does Himplant increase size? How big can Himplant make you? Does Himplant add length?

According to our historical data, we've observed an average girth augmentation of 1 to 2 inches the penis post-procedure in both flaccid and erect state. Additionally, increases in flaccid penile length have been frequently reported by our patients. As for erect length enhancements, the results are varied and heavily reliant on each patient's unique anatomy. As with any medical procedure, individual results may indeed differ.

To visualize the potential transformation, we invite you to view the [before-and-after photos of Himplant](#). Scan the QR code below.



What is Himplant made of? How is it designed?

Himplant is a pioneering development in penile enhancement. It is expertly fashioned from a superior, soft, medical-grade silicone sleeve, engineered with the intention to mimic the natural feel and texture of the penis.

Unlike other penile enlargement methods that incorporate liquids or gels that can degrade over time, Himplant is devoid of such materials. This strategic choice is aimed at improving the longevity of the device, reinforcing its durability and effectiveness.

Our commitment to uncompromised quality is reflected in Himplant's manufacturing process. The device is produced in an ISO-certified facility, adhering to the most stringent U.S. quality control regulations.

Himplant adopts a distinctive 270-degree design philosophy, enabling the device to gently wrap around the penile shaft rather than encapsulating it completely. This design decision carefully avoids exerting unnecessary pressure on the urethra, thereby preserving the organ's urinary and ejaculatory functions.

Additionally, Himplant is tapered towards the top of the shaft to enhance a natural appearance. The thinner edges encourage a visible contrast between the glans (head) and the body of the penis. An innovative central ridge on the implant allows it to open akin to a butterfly, supporting normal erection functionality for the patient.



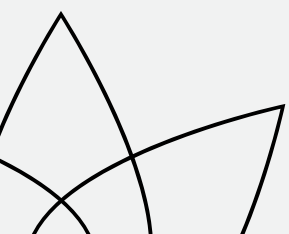
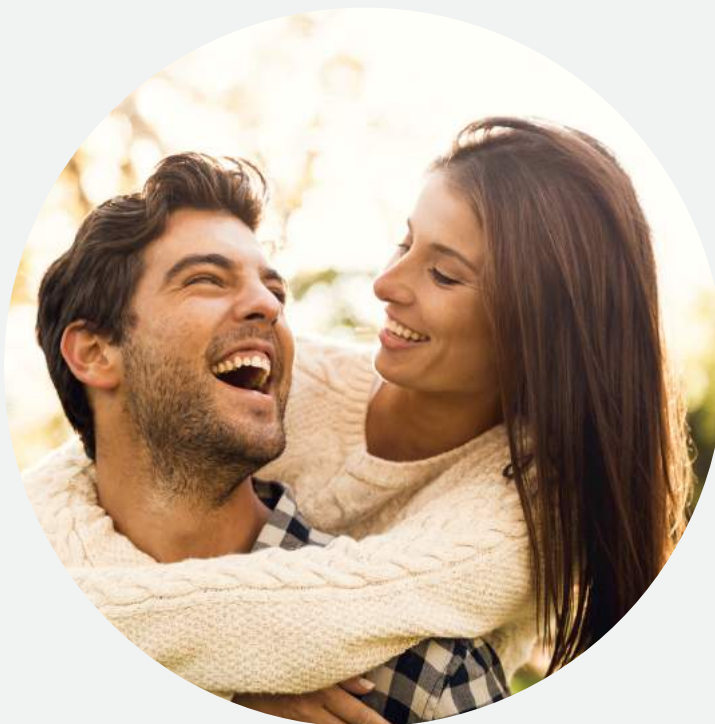
How successful is the Himplant surgery? Is the Himplant safe?

Any surgical procedure requires careful consideration of the potential benefits and risks, and the Himplant procedure is no exception. However, our clinical data derived from an IRB-approved, retrospective study has shown promising outcomes, with a majority of patients reporting high levels of satisfaction and a significant boost in self-confidence post-surgery.

Nevertheless, as with all surgeries, there may be some adverse events. In the case of Himplant, reported complications include infection, seen in approximately 3% of cases, and seroma or fluid build-up, seen in about 5% of cases. It is important to note that these incidents often occur when patients fail to follow the recommended post-operative care instructions. As such, strict adherence to these guidelines is critical to reduce the likelihood of any complications. This not only helps to ensure the success of the procedure but also safeguards your health.

To provide a more in-depth understanding of the Himplant procedure, we have prepared an informational video. This resource offers a comprehensive exploration of what to realistically expect from the surgery, the potential benefits, possible risks, and potential complications. You can access this informative material here: [Himplant Informational Video](#).

Moreover, patient education and informed consent are integral to our protocols. Thus, prior to the procedure, your surgeon and his team will take the time to thoroughly discuss with you all aspects related to the surgery. This will include potential risks, possible complications, the expected benefits, and even alternatives, including the option not to proceed with the surgery. This ensures that you can make an informed decision that aligns with your personal health goals and expectations.

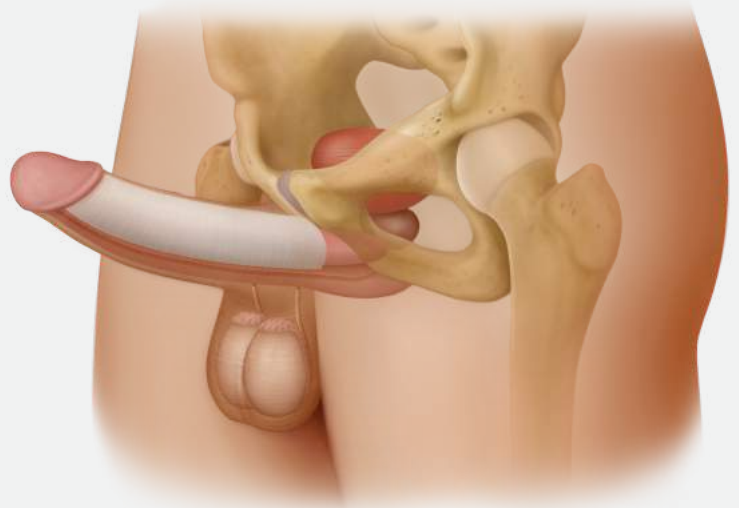
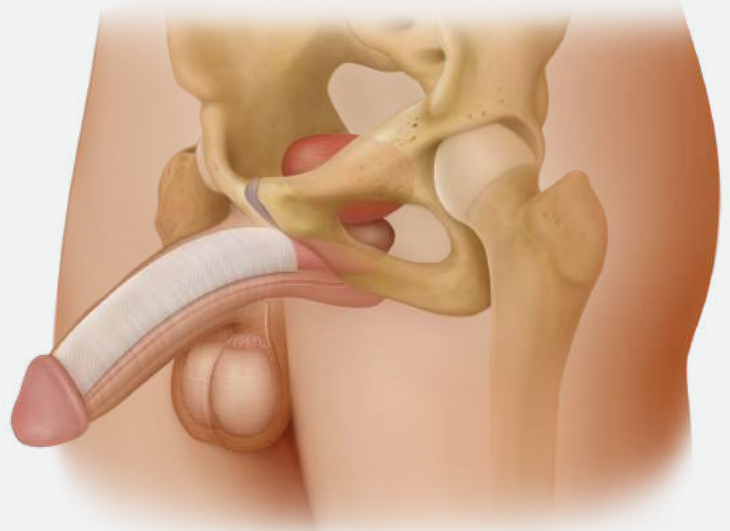
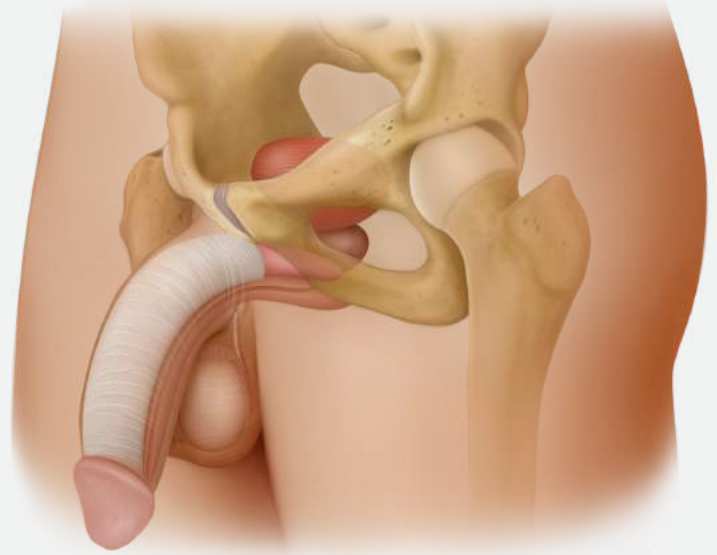


What size of the Himplant is ideal for me?

Himplant offers a selection of sizes to cater to individual needs, ranging from Large, Extra Large, to Extra Extra Large.

The task of deciding the best fit for your unique body structure is undertaken by your physician, who places a high premium on your satisfaction and safety. Our primary objective is patient safety. Therefore, in determining the most suitable size for your Himplant, your physician will consider several variables, including your skin's flexibility, the quantity of loose skin, and the initial size of your shaft, encompassing its internal portion. Each Himplant is custom-fitted to your specifications to offer the largest enhancement that can be safely accommodated by your anatomy while balancing safety, aesthetics, and the overall look of the penis.

Please note that the augmentation in girth primarily results from the process of encapsulation and the thickness that the implant adds to the penile girth. Any increase in length, if it occurs, is typically observed after the encapsulation process is fully completed. The final outcome can be influenced by multiple variables, such as skin elasticity and the ligament's stretchiness due to the weight of the implant. It's important to highlight that, historically, similar outcomes have been observed for length increase across all different sizes of the Himplant.



Does the Himplant implant affect sensation, erectile function, or ejaculation?

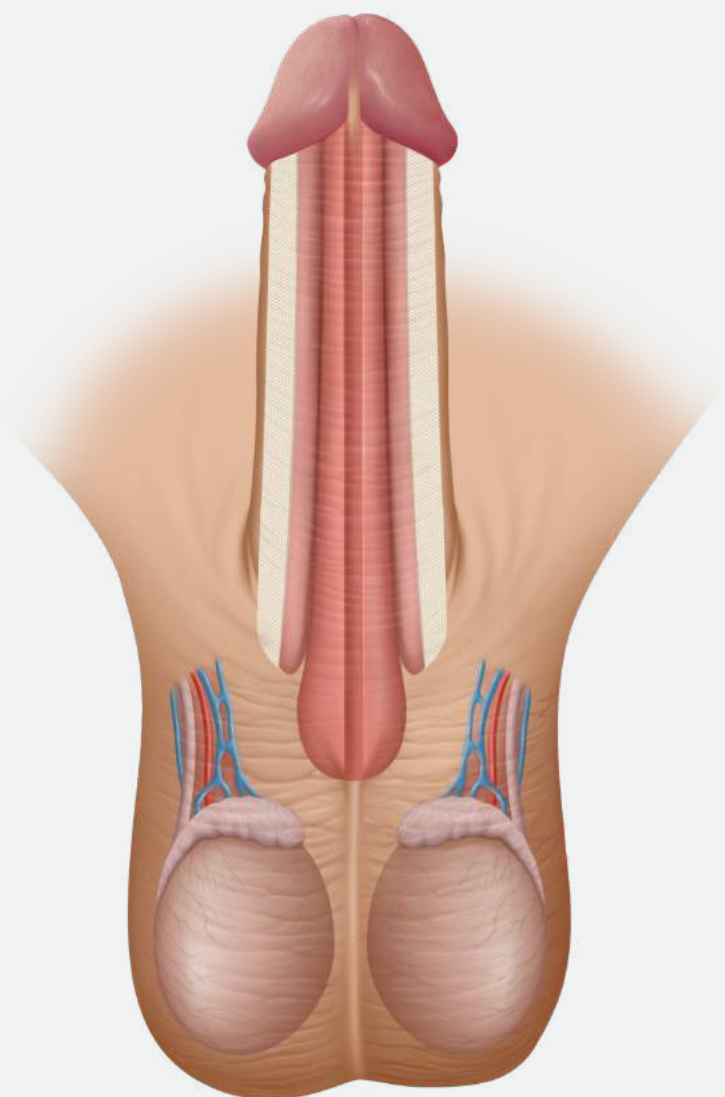
The impact of Himplant on essential aspects of sexual health, such as sensation, erectile function, and ejaculation, is a valid concern for many prospective patients. Our thorough clinical research offers reassuring insights on this front.

We conducted a comprehensive review involving 400 patients over an extensive period of five years. The results were encouraging, with no cases indicating any modifications to penile function. Furthermore, the ability to achieve or sustain an erection remained unaffected in the patients in the study, preserving the natural aspects of their sexual experiences. Similarly, there were no reported changes in the pattern or function of ejaculation during sexual activity.

While these vital functions remained stable, there were some reported changes regarding penile sensation. Some patients experienced increased sensitivity, while others reported a temporary decrease. These variations in sensation are generally transient and tend to stabilize as the skin expands and adapts to the presence of the implant over time.

It's essential to note that individual experiences can vary based on various factors, including overall health, age, and individual healing processes. We emphasize open and regular communication with your physician to address any concerns and monitor progress post-procedure.

Our commitment at Himplant is to provide a solution that enhances your self-confidence without compromising your natural functions or overall well-being.



Where is the Himplant penile enhancement surgery performed?

The Himplant procedure is exclusive to our network of authorized providers who have undergone specialized Himplant training. Please refer to our [Himplant Clinics page](#) for a comprehensive directory of available locations and surgeons.

For those considering traveling for the procedure, please keep in mind that you will need to stay in the vicinity for a minimum of three to four days post-surgery. This is to ensure your availability for necessary follow-up visits and to monitor your initial post-operative recovery."



Am I eligible for the Himplant®? How do I qualify for Himplant?

The Himplant is not suitable for everyone. To be considered as a candidate, patients must meet certain requirements.

Firstly, the patient must be of the requisite age and be circumcised before receiving the Himplant.

Patients who have previously opted for other methods of penile enhancement typically are not eligible, as their penile skin might have been compromised due to the introduction of foreign materials. Even if the prior procedure took place several years ago, the penis may not fully revert to its original state. Remnants of the foreign materials may persist, adhering to the inner lining of the penile tissue.

Additionally, even after the removal of a foreign body, the placement of the Himplant is generally not recommended. The implant may not settle properly within the shaft, and the skin may not adequately heal around the Himplant. Such situations place patients in a higher risk category for complications and infection.

Candidates must also be in good general health to undergo anesthesia safely.

A crucial part of the preparation involves abstinence from tobacco and illicit drugs for a minimum of 30 days leading up to the procedure, with continued abstinence for at least three months post-operation.

Realistic expectations about what the Himplant can provide are a prerequisite. While the Himplant can boost your confidence, it should not be viewed as a panacea for other underlying issues. **You must comply** with all pre and post-operative instructions.

To evaluate your candidacy for the Himplant, we encourage you to begin with our eligibility questionnaire. Following your initial evaluation, you will have the opportunity to consult in more depth with your Himplant consultant and surgeon.

Why do I need to get a circumcision before Himplant surgery?

The Himplant procedure can lead to an increase in size, which could result in a condition known as phimosis in uncircumcised men. Phimosis is a situation where the foreskin cannot retract appropriately over the glans, or the head, of the penis.

Moreover, uncircumcised men may face a heightened risk of post-procedure complications due to the increased challenge of maintaining cleanliness in the surgical area.



Given these safety considerations, it's mandatory for uncircumcised men to undergo circumcision prior to the Himplant procedure. The Himplant surgery can typically be conducted about 10-12 weeks after the circumcision, or as soon as the skin has completely healed.

To ensure optimal results, we highly recommend that you have the circumcision performed by your Himplant surgeon. If this isn't feasible, the procedure can be completed by a local professional in your area.

Will my partner and I be able to feel the Himplant implant in my penis? How does it feel to the touch?

Himplant is designed to feel natural whether your penis is in a flaccid ("soft") or erect ("hard") state. We have used soft medical-grade silicone to achieve the most natural feel possible. Additionally, the capsule formation around the implant will give the implant more of a natural feel to the touch. The entirety of this process will take anywhere between 6-12 months.

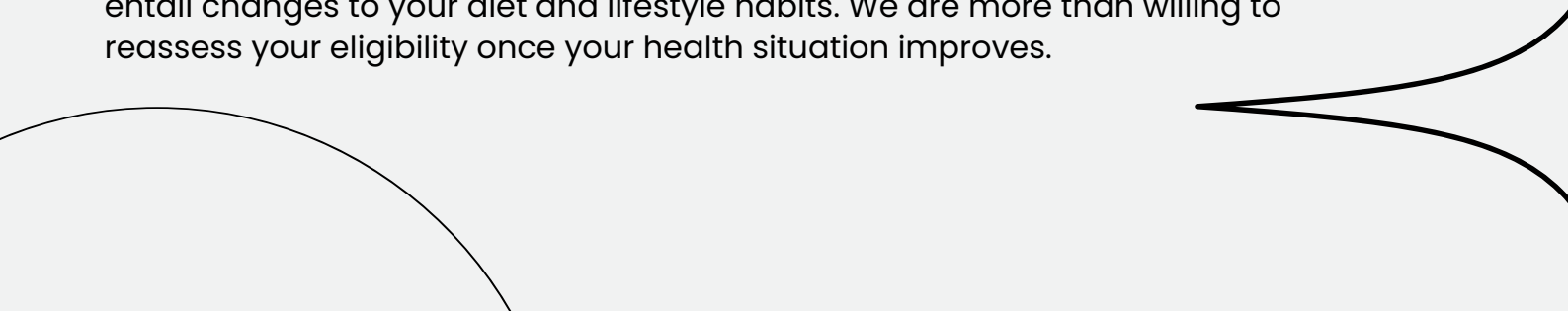
Patients have reported that it's undetectable to sexual partners who have not seen their penises prior to the procedure. However, it is essential to note that the implant is a foreign object, and it may be detected.

Does diabetes affect my eligibility for the Himplant®?

We have noticed that patients with diabetes often face higher complication rates and extended healing periods. This situation is mainly due to alterations in the skin's vascularity caused by diabetes.

To ensure your safety, we require patients to provide their most recent (within 3 months) blood work results to confirm that A1C levels are at 7 or below.

Your safety remains our utmost priority. If your A1C level exceeds the acceptable range or if it's uncontrolled, we strongly advise that you work with your primary care physician to better manage your blood sugar levels. This management might entail changes to your diet and lifestyle habits. We are more than willing to reassess your eligibility once your health situation improves.



Bigger & Better You

A Comprehensive Guide
to Modern Male
Enhancement

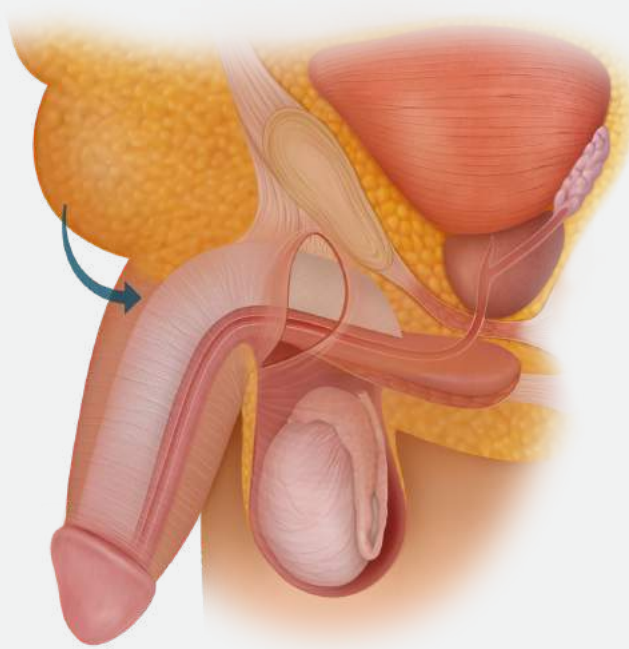
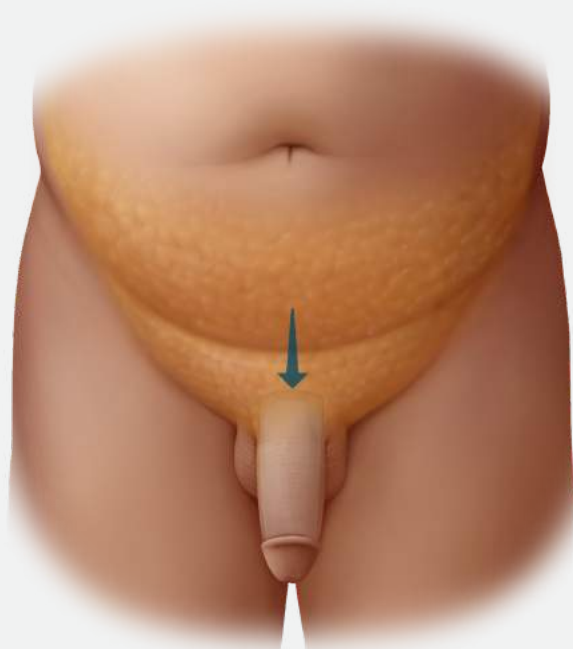


Does excessive suprapubic fat affect my eligibility for the implant? Why is it important to get in shape before the procedure?

The presence of excessive fat in the suprapubic area can impact your eligibility for the Himplant.

Excess suprapubic fat can exert pressure at the base of the implant, which can interfere with its positioning, potentially compromising the visual results of the procedure and increasing the likelihood of complications.

While some Himplant providers may offer lipectomy or liposuction, our primary recommendation is to strive towards your target weight through a healthy diet and regular exercise before the procedure. A handy tool for evaluating eligibility is the Body Mass Index (BMI) calculator.



However, it's important to note that BMI is not the only determining factor, as individuals distribute weight differently. If necessary, you can always provide photos to the Himplant medical team, and they can assist in determining the best course of action for you.



I have penile curvature. Am I eligible for Himplant?

Eligibility in such cases depends on the severity of the curvature. Our medical team will need to examine photos of the penis to assess whether or not you qualify for the procedure.

Further assessment might be necessary, for which we can assist in scheduling a consultation with a Himplant-trained physician. The Himplant surgeon will make the final determination regarding your eligibility for the procedure.

Please be aware that any existing penile deformity prior to the procedure could influence the cosmetic outcome of the surgery.

I have had Peyronie's treatment. Am I still a candidate for the procedure?

There is potential good news though for Peyronie's patients. For those patients who have undergone treatment for their Peyronie's (e.g., injections, plication), the Himplant may help those patients achieve a more natural-looking aesthetic outcome for their penis. To be clear, the Himplant can only be inserted after successful treatment of Peyronie's is completed first.

Final consultation will be determined by photo evaluation by our medical team, and if necessary, consultation with your Himplant provider.

Since patient safety is our number one priority, if your Himplant provider does not feel that the procedure is safe for you, they will not clear you for the procedure.



I smoke. Am I eligible for Himplant®?

Nicotine products can reduce vascularity, thereby potentially prolonging recovery time and increasing the risk of complications.

All Himplant patients must abstain from tobacco (including nicotine gum, vapes, cigarettes, and chewing tobacco) and illicit drugs for a minimum of 30 days prior to the procedure and for at least 3 months after the procedure.



I suffer from an autoimmune disease, such as Chron's or Lupus, etc. Am I a candidate for Himplant®?

Living with an autoimmune disease presents unique health challenges, and undergoing a surgical procedure like the Himplant may introduce additional complexities. The medications often prescribed for these conditions, like immunosuppressants, can potentially increase the risk of surgical complications and affect healing and recovery time.

The primary concern lies with the way these medications can compromise the body's ability to heal and fend off potential infections post-surgery. This is particularly crucial for a procedure like the Himplant, which requires the body's full healing capacity to ensure a successful and seamless recovery.

However, it's important to note that each patient's situation is distinct, and a diagnosis of an autoimmune disease doesn't automatically exclude you from considering the Himplant. We adhere to a personalized approach for every patient, taking into account their overall health, medical history, and specific circumstances.

If you suffer from an autoimmune disease and are considering the Himplant, we encourage a comprehensive evaluation, which will be performed by our medical team or your Himplant surgeon. They will assess the potential risks and benefits in your particular case, taking into account the nature and severity of your autoimmune condition, the medication you're taking, and your overall physical health. This in-depth evaluation ensures that you receive the most accurate advice and that any procedure undertaken is done with your safety as the utmost priority.

I've undergone PRP (Platelet-rich plasma) injections. Am I a candidate for Himplant®?

If you have undergone PRP (Platelet-Rich Plasma) treatments, it could potentially affect your eligibility for the Himplant procedure. PRP injections, while beneficial for some health applications, can lead to fibrosis, or tissue scarring, in the treated area.

Fibrosis alters the normal structure and flexibility of the penile tissue, which could complicate the insertion and positioning of the Himplant device. This scarring can impact the device's ability to sit correctly and could potentially affect the outcome of the procedure.

However, every patient is unique, and the effects of PRP injections can vary. Therefore, we encourage you to consult with one of our Himplant-trained providers who can evaluate your specific case. They will carefully consider the extent of any potential fibrosis and your overall health to make a comprehensive assessment.

Please remember that ensuring patient safety and satisfaction is our highest priority. This requires an honest and open discussion about your medical history, including any previous procedures such as PRP injections

AFTER THE PROCEDURE

What is the importance of wearing a compression sleeve (UroWrap®) after Himplant® implant surgery?

Utilizing a compression sleeve, specifically UroWrap®, after your Himplant surgery is a critical element of your post-operative care. The use of this medical-grade sleeve is designed to help control post-surgical swelling and edema, thus potentially facilitating a smoother and faster recovery.



At your initial follow-up visit, your surgeon will introduce the UroWrap to replace the preliminary dressing applied during surgery. This UroWrap is designed to stay in place as per the guidance of your healthcare provider.

It's crucial to maintain cleanliness throughout the healing process. Regularly change your UroWrap according to the schedule provided by your surgeon to ensure a fresh, clean environment.

After the surgical drain removal, your surgeon will provide instructions on the use of the UroWrap. These instructions will typically include guidance on when to wear it, how often it should be removed and replaced, and recommendations on maintaining hygiene such as during showering and periods of rest.

Remember, these instructions will vary based on your individual case and surgeon's guidelines. Following your surgeon's instructions regarding the use of UroWrap will contribute significantly to your comfort and the success of your post-operative recovery with Himplant.

Can I work out after penis enlargement surgery with Himplant®?

The resumption of physical activities post-Himplant surgery is an important consideration, and it's essential to avoid heavy lifting or strenuous activities until you get the green light from your surgeon or the medical staff. Typically, this is about 6 to 8 weeks after the procedure, but individual healing rates can vary.

For upper body exercises of a lighter nature, your surgeon and staff will provide you with a timeframe for when you can safely restart these. Generally, this occurs around four weeks post-procedure, but your unique circumstances may influence this.

As for lower body exercises, once again your individual case will dictate when you can safely resume light lower body activities. Often, this is within the 4 to 6 weeks range following surgery.

Your regular workout routine can be continued as directed by your Himplant surgeon and their team, which is usually around six to eight weeks after the procedure. However, every individual's healing process is unique, and adjustments may be necessary.

While engaging in any strenuous activities, it's recommended to continue wearing your UroWrap for up to 6 months to offer support and aid the healing process.

When can I have sex again after the Himplant procedure?

It is critical that you refrain from all forms of sexual activity (including oral, vaginal, anal, and masturbation) after the procedure until given clearance by the Himplant surgeon and staff. This clearance typically takes place six (6) to eight (8) weeks after the procedure, but individual circumstances may vary.

After clearance for sexual activity, please use a condom and wash with antibacterial soap and water after engaging in sexual activity for the first six (6) to eight (8) weeks of sexual activity. Observe the penis for the first few months and report any unusual findings (redness, soreness, swelling, inflammation, etc.) to your Himplant surgeon and staff immediately. Do not engage in any risky or strenuous sexual activity.

When can I take a shower after the Himplant procedure?

After the Himplant procedure, it's crucial to follow your surgeon's guidance about when you can resume certain activities, including showering. Typically, you're permitted to shower once your Jackson-Pratt (JP) drain has been removed, but the timing can differ depending on your unique situation and the surgeon's instructions.

Submerging yourself in a hot tub, Jacuzzi, sauna (whether wet or dry), whirlpool bath, or any body of water is typically prohibited until you've received explicit clearance from the medical team. This approval usually comes around six to eight weeks post-procedure. It's essential to adhere to these guidelines to ensure a smooth recovery process.



Can I use stretching devices, vacuums/penile pumps, or cock rings after insertion for the Himplant implant?

After undergoing the Himplant procedure, it's vital to avoid any form of penile stretching exercises, external devices, or vacuum pumps. Such activities can cause damage to your implant, potentially leading to severe complications.

The use of such devices or exercises exerts excessive pressure on the implant. This pressure could trigger complications that necessitate the implant's removal.

It's important to be aware that utilizing any external devices following the procedure is not recommended medically and will result in the voiding of your warranty.



Is Himplant long-lasting? How long does the Himplant implant last? What is the lifespan of the Himplant device?

Since its inception in 2004, the Himplant has been successfully implanted in thousands of men. Over the years, many of these men continue to enjoy the benefits of their implants, a testament to the device's durability and effectiveness.

Himplant combines cutting-edge medical technology with a deep understanding of human anatomy and physiology. It's composed of soft, medical-grade silicone designed to be both resilient and comfortable.

However, it's important to maintain realistic expectations. Just like every organ in the human body or any man-made device, the Himplant doesn't have an indefinite lifespan. Factors such as individual health, lifestyle, adherence to post-operative instructions, and the natural aging process will influence its longevity.

Nevertheless, the Himplant is crafted to endure and with appropriate care, can bring about a significant enhancement to personal confidence and quality of life for many years, potentially spanning decades. Adjustments might be required over time as personal needs or desires evolve, but rest assured that the goal is always to provide a safe, effective, and long-lasting solution.

Remember, regular follow-ups with your surgeon are essential. These visits allow your medical team to ensure that the Himplant is functioning optimally and address any potential issues promptly. Your health and safety are our paramount concerns.

Can I have the implant removed? Are there any side effects?

The Himplant procedure is designed with the preservation of the penis's natural state in mind. Throughout the insertion process, your surgeon strives to ensure the penis's integrity, allowing for potential implant removal if required.

According to a 2021 study, the need for implant removal due to adverse events or personal preference (i.e., dissatisfaction) was less than 10% of cases.

However, it's crucial to understand that the removal of the Himplant necessitates a rehabilitation process to promote optimal healing. Initial retraction of the penis may occur after Himplant removal, and the rehabilitation process is key to regaining any potential lost length.

For more detailed information on the removal procedure, we recommend referring to this article from the [International Journal of Impotence Research](#). [Scan the QR Code to learn more!](#)

Please bear in mind that individual experiences can vary, and it's best to discuss all possible outcomes and scenarios with your surgeon before making a decision.



Is retraction a possibility after penis enlargement surgery with a Himplant implant?

Size perception changes might occur after the implantation process. It's possible that the penis may appear shorter post-procedure, mainly due to the increased girth which affects the perception of length. In some instances, a minor retraction could occur due to skin limitations during surgery and the capsule formation process.

However, these changes are typically temporary and tend to resolve as the tissue softens and the skin stretches over time. Complete recovery, including the potential resolution of any perceived retraction, may take up to a year. It's important to note that everyone's healing process is unique, so individual experiences can vary.

Can Himplant cause ED?

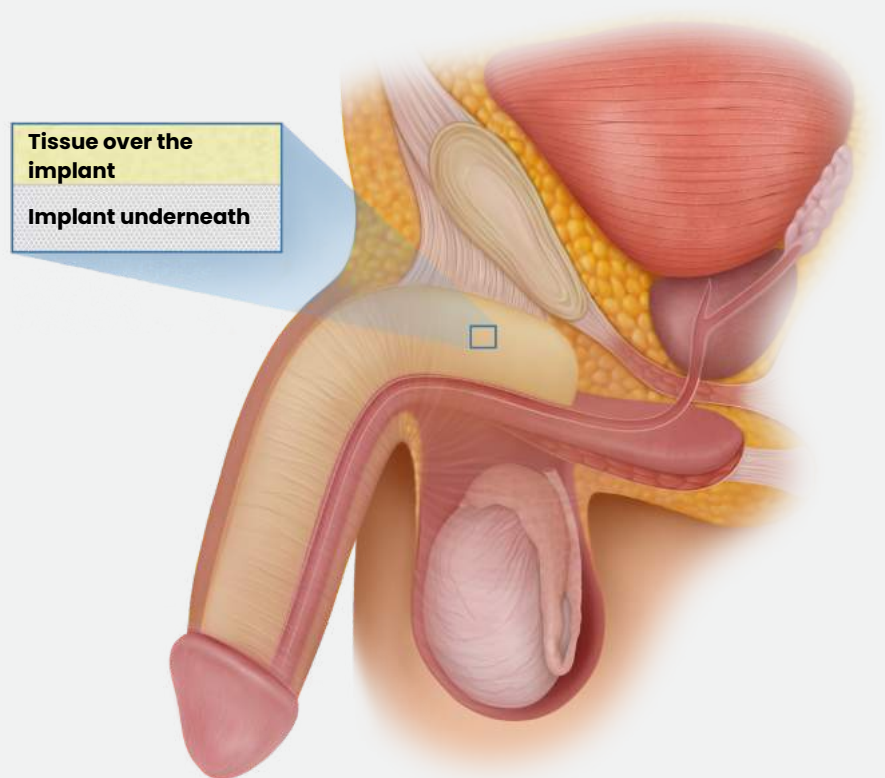
The Himplant procedure does not encroach upon the erectile body of the penis, thus it's not expected to interfere with erectile function. It's important to understand, though, that any surgical procedure in the genital area inherently carries a risk of complications, including erectile dysfunction (ED). That said, a comprehensive 5-year review involving 400 patients showed no evidence of ED directly linked to the Himplant procedure. As with any medical procedure, individual experiences may vary. It's always recommended to discuss potential risks and benefits with your healthcare provider.

What is capsule formation?

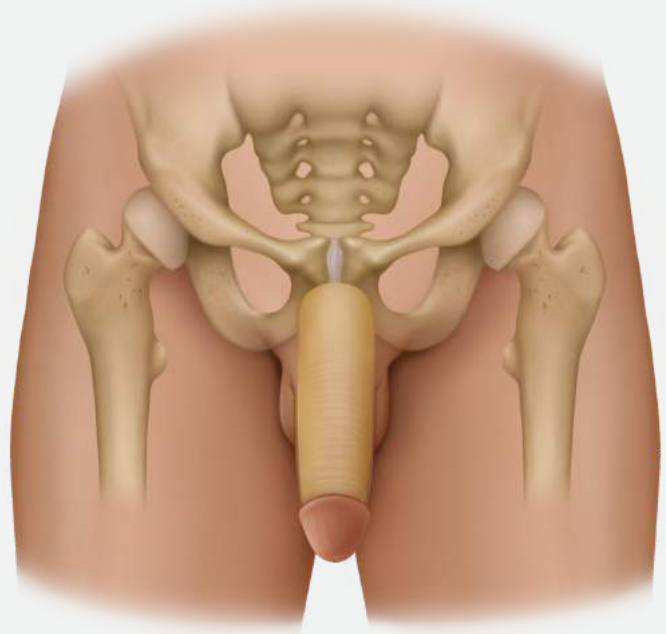
When any form of medical implant is inserted into the body, it's common for a tissue to form around it as a part of the natural healing process. This is the body's way of isolating what it perceives as a foreign object. In the context of the Himplant procedure, this reaction is generally beneficial.

The formation of the capsule provides additional girth, creating a protective layer over the sutures. This serves to enhance the durability of the implant and contributes to a more natural feel upon touch.

This encapsulation process typically unfolds over a period of 4-8 months, although the timeline can vary from person to person.



The use of a compression sleeve, such as the UroWrap, can support this process. Furthermore, the formation of the capsule often enhances the aesthetic result of the procedure. Please remember, individual experiences can differ, so it's essential to discuss any questions or concerns with your healthcare provider.



Can I consume alcohol after my procedure?

The use of alcohol post-procedure is typically not advised during your recovery phase. It's crucial to note that alcohol can potentially undermine the effectiveness of prescribed medications, potentially complicating your recovery process.

Our priority is to ensure your successful recovery and optimal results from the Himplant procedure. Hence, we encourage you to be mindful of your dietary habits during this period, favoring a balanced, nutritious diet to support your healing process. Always consult your surgeon or healthcare provider for precise guidelines on dietary and lifestyle changes following your procedure.

**WATCH THE DETAILED
VIDEO TO LEARN MORE
ABOUT REALISTIC
EXPECTATIONS,
POTENTIAL
COMPLICATIONS, AND
POST-OP OVERVIEW**



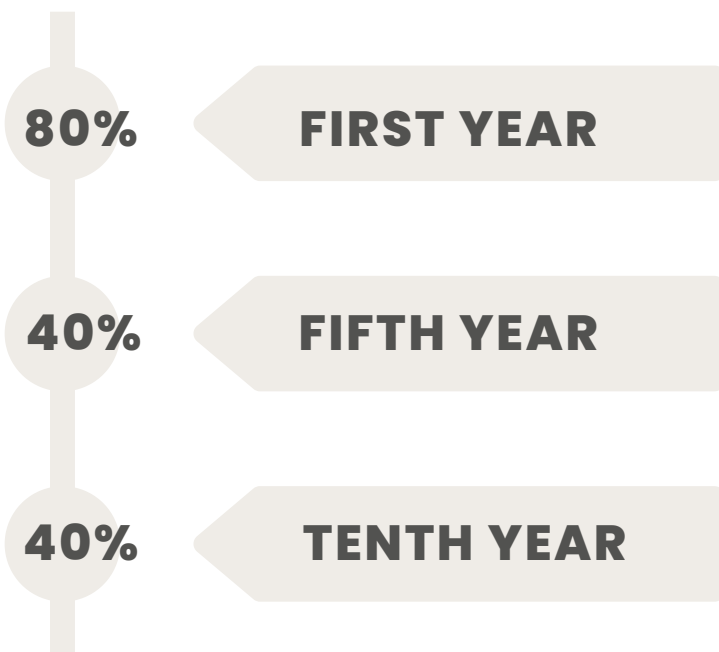
CHAPTER N.5

Lifetime Assurance: Understanding Your Limited Lifetime Warranty



LIMITED LIFETIME WARRANTY

Our Himplant device is backed by a limited lifetime warranty, which includes one replacement of the device. The manufacturer covers a decreasing percentage of the replacement cost over time, starting at 80% in the first year and gradually reducing to 40% from the fifth year onwards.



Please be aware that this warranty specifically covers the device itself. It does not extend to cover any related surgical procedures or damages that may arise from misuse, external causes, or other non-device-related issues.

It's important to understand that this is a simplified overview of the warranty terms.

Your surgeon will provide you with a detailed document outlining all terms and conditions before you proceed with the procedure.



CHAPTER N.6

Visual Journey: Before and After Himplant

3 DAYS POST SURGERY

Age: 42

BEFORE

- Girth 4.1 in
- Length 3 in



AFTER

- Girth 5 in
- Length 5.6 in

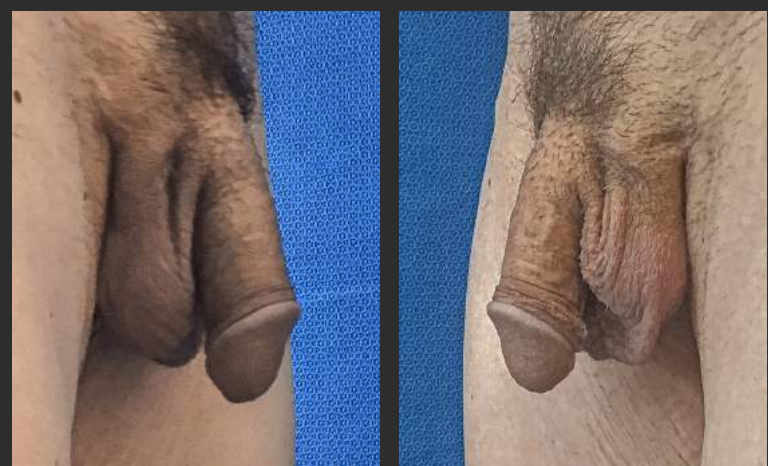


3 DAYS POST SURGERY

Age: 65

BEFORE

- Girth 3.5 in
- Length 3.7 in



AFTER

- Girth 5 in
- Length 5.6 in



3 DAYS POST SURGERY

Age: 30

BEFORE

- Girth 3.3 in
- Length 3.1 in



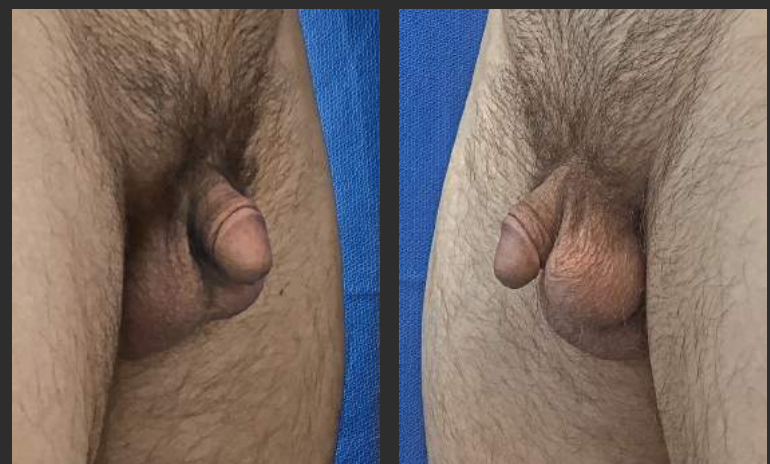
AFTER

- Girth 4.2 in
- Length 5 in



BEFORE

- Girth 3.5 in
- Length 2.7 in



AFTER

- Girth 4.1 in
- Length 4.2 in



VISIT OUR BEFORE & AFTER GALLERY



Before & After

CHAPTER N.7

Getting Started: Your Himplant Scheduling Guide

Step 1: Submit your information

Visit himplant.com and fill out the contact form to initiate the process.

Step 2: Eligibility questionnaire

Upon filling out the contact form, you will be redirected to a questionnaire. You will also receive the link to an email from your consultant. This questionnaire is designed to help us determine your eligibility for the procedure. This is necessary to ensure that you can safely receive the implant. Please make sure to answer the questions carefully and accurately.

Our staff will review your answer and will notify you of the next steps promptly, typically within 1-2 business days.

Step 3: Himplant consultants

Himplant consultants are here to address any general inquiries you might have regarding the procedure. They will serve as your first point of contact, providing timely answers to your initial questions before your consultation with the Himplant provider.

Our consultants are equipped with information directly from Himplant surgeons. Although you will meet with the physician for a consultation before your procedure, we believe in providing you with all necessary information ahead of time through your consultant.

Step 4: Meet your surgeon: Booking your Himplant appointment

Once you're ready to proceed with the procedure, your consultant serves as your initial point of contact. They act as a bridge between you and the clinic, connecting you with the clinic coordinator to schedule a consultation with your surgeon.

Upon completion of the consultation, your interaction will shift from the consultant to the clinic directly. The clinic team will help you select a suitable date for your Himplant procedure. To confirm this date, a deposit is required. Upon receipt of your deposit, a confirmation email will be sent to you, as well as instructions from your surgeon regarding any necessary medical clearances and lab tests. From this point forward, the clinic team will guide you through the remainder of the pre-surgery process, ensuring a seamless and reassuring journey towards your procedure.

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CHAPTER N.8

Maximizing Success: Tips for a Smooth Procedure

Elevating your penis at night

When going to bed, be sure to elevate your penis while you sleep. Make sure that you are lying on your back while you sleep. Place a small rolled-up towel in between your scrotum and your penile shaft so that your penis is elevated and pointing towards the ceiling. This will help drain the fluid back into your body to be reabsorbed.

The importance of your mental health

Undergoing any form of cosmetic surgery often involves an emotional transition. It's quite normal to experience feelings of anxiety or sadness in the weeks following your procedure, as you adjust to your new appearance.

It's also common to feel a sense of anticipation or even frustration as you wait to see the full results of your Himplant. Remember, this is a process requiring patience, as your body needs time to adapt to the implant and for your skin to stretch to accommodate the new size.

Should these feelings persist or increase over time, we can provide referrals to a sex therapist who can support you in this adjustment period. Their expertise can help guide you through these changes, ensuring you can comfortably embrace your new self.

For more information on therapy resources and other patient services, please visit our website and check out our patient resources page.



Nighttime erections after your operation

Following your Himplant procedure, it's not uncommon to experience nocturnal erections. In fact, they can be a good sign, demonstrating that your body's natural functions are operating as they should. However, during the initial weeks of recovery, these spontaneous erections can cause some discomfort – a sensation often referred to as "growing pains."

You should understand that this discomfort is due to the natural adjustment your body is making to accommodate the Himplant, not a problem with the implant itself. As the tissues around the implant heal and adapt, the discomfort associated with these erections will progressively subside.

Remember, everyone's recovery journey is unique and timelines can vary. If you have concerns about pain or discomfort at any stage of the healing process, you should reach out to your medical provider to discuss your symptoms.

In the end, it's important to give your body the time it needs to adjust to the Himplant. With patience, you can look forward to the enhanced confidence that the Himplant can offer.

A healthy diet promotes healing

Maintaining a balanced, nutritious diet is key to promoting healing and recovery after any surgical procedure. Post-operatively, we recommend opting for lighter foods such as soups and salads. Consuming olive oil can be particularly beneficial, as it aids in softening bowel movements, reducing strain on the surgical site.



Remember, it's important to nourish your body with essential vitamins, minerals, and nutrients during the healing process. Incorporate a variety of fruits, vegetables, lean proteins, and whole grains into your meals where possible.

Additionally, hydration plays a crucial role in recovery. Make sure to consume an adequate amount of water to support your body's healing processes.

Please be cautious about any supplements or over-the-counter medications you take post-operation. Certain substances could potentially interfere with the prescribed medications or slow down the healing process. Always consult with your medical provider before taking any new medication or supplement during your recovery period.

If you have any specific dietary concerns or queries, don't hesitate to discuss them with your medical team. They are there to guide you and ensure your recovery journey is as smooth and successful as possible.

Be a success story

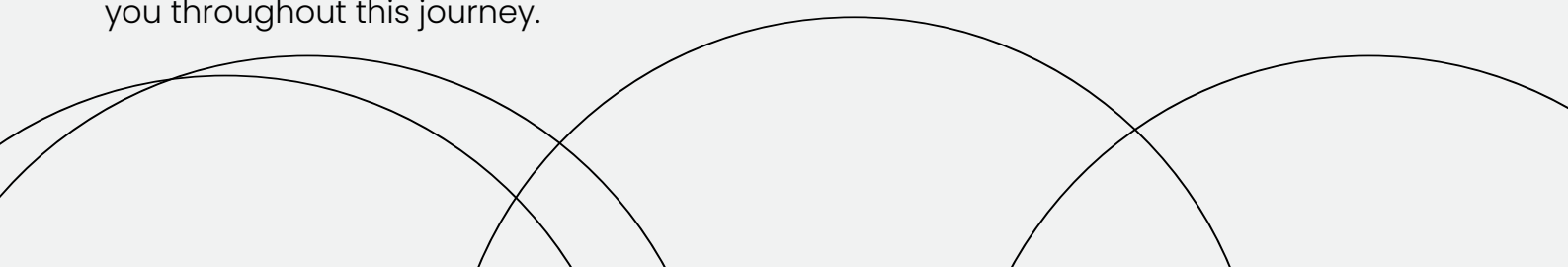
Navigating a successful recovery with Himplant is largely dependent on your strict adherence to the recovery protocol provided by your Himplant medical team. It is vital to conscientiously follow these guidelines.

Exercise caution when considering advice from individuals without medical backgrounds or those lacking specific training in the Himplant procedure. Non-expert suggestions, such as those found on unverified online forums, should be approached with skepticism. Always remember, for your recovery, it is expert medical advice that carries the day.

Keep in mind that recovery doesn't happen overnight. It is a journey that calls for patience, self-discipline, and commitment to the post-operative care plan.

Experiencing bruising, swelling, and discomfort, especially during the initial two weeks post-procedure, is normal. It's crucial to maintain open communication with your medical team during this period. Keep them updated regularly, sending photographs in line with post-operative protocols, ensuring your progress is accurately monitored.

Your proactive approach and adherence to guidelines can transform your Himplant journey into a triumphant success story, resulting in enhanced self-confidence and satisfaction. Always remember, your medical team is ready and eager to support you throughout this journey.



CHAPTER N.9

Addressing Concerns: Debunking Myths about Male Enhancement

When it comes to the topic of male enhancement, there's a myriad of misconceptions and myths that can cause apprehension, confusion, and even fear. In this chapter, we aim to dispel these myths, correct the misinformation, and provide an honest, transparent perspective on male enhancement and specifically, the Himplant procedure.



Myth 1: Male Enhancement is Solely for Cosmetic Purposes

While aesthetics may be a motivator for some, the decision to undergo male enhancement procedures like Himplant often stems from psychological or physiological reasons. Many men report an increase in self-confidence and self-esteem, improvement in intimate relationships, and overall better quality of life following the procedure. It's not just about looks; it's about feelings, personal satisfaction, and wellbeing.

Myth 2: All Male Enhancement Procedures are Unsafe and Risky

Like any medical procedure, male enhancement comes with some level of risk. While most methods are unsafe and risky, with advancements in medical technology, such as the introduction of Himplant, these procedures have become significantly safer. Himplant is FDA-cleared for penile augmentation, and its procedure is carried out by trained medical professionals in sterile environments. It's crucial to remember that your safety is paramount, and each patient undergoes a thorough assessment before the procedure.

Myth 3: Male Enhancement Procedures are Extremely Painful

While pain thresholds vary, most men report only mild discomfort during the recovery phase, which can be effectively managed with over-the-counter pain medication. The Himplant procedure itself is performed under anesthesia.

Myth 4: Recovery Time from Male Enhancement Surgery is Long and Restrictive

The recovery time from a Himplant procedure varies from person to person. However, many men find that they can return to their normal daily activities within a few days, with full recovery typically occurring within a few weeks. Your surgeon will provide personalized advice to optimize your recovery process.

Conclusion

Understanding the realities of male enhancement can help dissolve the fear and stigma associated with it. It is essential to have open, honest conversations about your concerns with your medical provider. Remember, the choice to pursue male enhancement is personal, and it's important to feel informed, confident, and secure in your decision. Don't let myths dictate your choices; let the facts guide you.



CHAPTER N.10

In the Spotlight: Himplant in the Press



Style Grooming Recommends Culture Wellness GQ Sports Best Stuff Box Videos The GQ Shop

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Culture

Huge News! The Bionic Dick Is Here

An enterprising L.A. surgeon has invented a silicone penis implant, which, because we're sure you have a friend who'll want to know, costs 13 grand and can nearly double your size. Amy Wallace grills the good doctor on how it works—and asks a few of his very satisfied customers (and their mostly satisfied wives) how it's working



GQ



THE EDGE

HEALTH

The Rise of the Locker Room Penis

Does the Penuma implant really give you BDE?

BY SUZANNAH WEISS

✓ FACT-CHECKED BY TRACY MIDDLETON

FEBRUARY 16, 2023



Despite the well-documented fact that many partners prefer average-sized penises (1), scores of men experiment with gimmicky pills, toys, and exercises that promise to give them BDE to rival Pete Davidson's. The majority of these tools are questionable at best—and risky at worst. But recently a new, more legitimate option has gained traction: the Penuma implant, a set of silicone implants that give the penis extra girth and the appearance of extra length.

The procedure's popularity has skyrocketed in recent years. "There are people who fly in for this who are very well off, and there are people who save their money and they're not very wealthy, but it's something that really matters to them," says urological surgeon Lanna Cheuck, D.O. "They're after what we a 'locker room penis' because you can walk around a locker room and hang lower, thicker, and girthier without having an erection."



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Man Left 'Speechless' After Getting an Implant for His Three-Inch Penis

By Clover Hope | 3/10/16 5:40PM | Comments (257)



A 35-year-old man from New York is currently loving his new penile implant, which he got after hearing his ex-fiancée complain about his dick size.

Jason is his name, and he sounds solemn when describing the pre-implant emotions that led him to seek a penile enhancement. Jason's pre-op penis measured three inches. "It caused me to question my sexuality," he says. "I just figured that these were the cards I had been dealt and nothing could be done."

From Page Six:

Then a year or so later — still smarting from the breakup — Jason was listlessly Googling "penile enhancement" and reading through reams of scam offers when he came across California-based urologist Dr. James Elist, who promotes such seemingly impossible dreams on his website. A jolly man of 66, Elist believed he could substantially increase Jason's 3-inch member.



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LIFE

Penis Implants Are Now A Real Thing And Of Course They Only Come In Sizes L, XL and XXL

#SCIENCE

BY DOUGLAS CHARLES / JANUARY 29, 2018

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Not that YOU need a penis implant, but hey, you might have a friend who is, how shall I put this, a

Heidi DeFolant



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LIVING

Two inches changed my life

By Michael Kaplan

March 10, 2018 | 4:23am



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WELLNESS

Introducing The Penis Enlargement Implant That 1,300 Men Have Tried

The FDA has started its approval process.

By Kate Bratskeir

01/29/2016 09:40am EST | Updated January 29, 2016

A Beverly Hills urologist has invented a silicone [penis implant](#) that makes a man's junk larger in girth and width. [Insert witty joke here.]

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100



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Penis Implants Exist Now, and They Start at a Size Large

Because no one wants a small.



by HANNAH SMOTHERS JAN 27, 2016



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There's an Implant to Make Penises Thicker

Penuma comes in three sizes: large, extra large, and extra extra large.



By Grant Stoddard

August 14, 2018, 5:00am [Share](#) [Tweet](#) [Snap](#)



KRZYSZTOF KRYSIAK / EYEEM

Sitting in a urology office in Beverly Hills, I'm handed a butterflyed cylinder of white silicone. It's around six inches in length, surfaced inside and out



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The Surgery Restoring Confidence in Men

by Amanda Greyfield - January 20, 2023 [Health](#)



There are many facets to a healthy relationship, one of which is sexuality. When a couple is not connecting sexually, their relationship will not be all that it is meant to be.

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Sex & Relationships • Ejaculation

Is Blue Balls Real? Yes, But You'll Be Okay. We Promise.

For centuries, men have bemoaned the scourge of blue balls—but is it actually a thing? The answer is complicated.

BY MEN'S HEALTH EDITORIAL, ZACHARY ZANE AND REBECCA STRONG PUBLISHED: JAN 26, 2022



GOODBYE PICTURE COMPANY // GETTY IMAGES

"BLUE BALLS" IS a term that sexually frustrated men have been using for ages—and if you've ever been aroused for an extended period without finishing, you know firsthand how unpleasant it can be. But if you've ever wondered, "is this all in my head?" or "what's actually happening here?" let's start by confirming that blue balls is, in fact, a legit thing. There's even a medical term for it: epididymal hypertension.

According to [James Elist, M.D.](#), a urologist in private practice and inventor of the *Banana nana implant*, blue balls is thought to be



Men's Health

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5 Lil Uzi Vert Is Grinding in the Gym to Muscle Up

20 Questions With a Guy Who Had Penuma Penis Enlargement Surgery

"My girlfriend has told her friends, and a lot of them have been begging her to have a threesome."

BY RYAN PEEUEFFER OCT 11, 2021



Men's Health

TIME

The Best Men's Underwear: From Boxers to Briefs (and Boxer-Briefs)



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I Had Surgery to Make My Dick Bigger

The penile implant operation cost \$16,000 and was incredibly painful. But this man says his supersized manhood is everything he wanted.



As Told To John McDermott PUBLISHED: APR 26, 2023



Esquire

**FOR THE LATEST
MENTIONS OF THE
HIMPLANT IN THE PRESS,
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[HIMPLANT.COM/MEDIA](https://himplant.com/media)**



CHAPTER N.11

Voices of Satisfaction: Patient Testimonial

Brandyn K



Prior to procedure, my life was full of insecurity regarding intimacy, it made me feel like avoiding sexual contact. After getting over the insidious feel of having procedure my life has changed 180 degrees. I no longer give sexual contact a second thought. It has given me confidence in intimacy with anyone. Life is good again.

Joe Y



I researched this procedure for over two years. During that time I exchanged dozens of emails that were promptly returned. I was comfortable with the procedure, pre-op, and post-op. I am very pleased with the result of my procedure. Wish I had done it sooner.

Marty C



The penile shortening post penile prosthesis insertion was impacting my life till my wife researched and found out about the Penuma.

Eric G



This was a life-altering experience for me. Something I thought would a burden in my life has changed since I went through the procedure

Dustin P



My procedure went very well and I'm very happy with the result. 2 years have passed, saved my marriage, and can not be more grateful!

**FOR THE LATEST
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TESTIMONIALS OF THE
HIMPLANT, CLICK HERE**



Testimonials

CHAPTER N.12

In the Lab: Exploring the Science Behind Himplant

A game changer in the field of cosmetic urology, the Himplant, and its predecessor, the Penuma implant is an enhancement solution thoroughly based on medical science.

Decades of surgical training inform ongoing improvements in implantation technique. Clinical studies and urological expertise guide each new iteration of the implant's materials and design. A rigorous pre-screening process assessing a comprehensive range of anatomical and psychological factors increases the likelihood of patient safety.

To this end, Penuma has been extensively researched with studies published in the peer-reviewed Journal of Sexual Medicine and the International Journal of Impotence Research, with new research conducted every day. Penuma follows FDA regulations and its research findings adhere to professional peer review standards as well as Institutional Review Board (IRB) oversight.

In this section, we'll briefly go over some of the major studies published on the Penuma implant and highlight their key findings.

Wilson, Steven and Anton-Luigi Picazo. "Update on the Penuma: an FDA-cleared penile implant for aesthetic enhancement of the flaccid penis." International Journal of Impotence Research 34, 369–374 (2022).

Key Findings:

- The new "concealed scar" scrotal technique leaves little to no visibility of the incision after 3 months, as well as reduced patient recovery time and lesser likelihood of complications
- Of 100 patients surveyed, 57% reported "high" or "very high" satisfaction, while another 35% reported "medium" or "high" satisfaction with the implant
- Of the 100 respondents, 90% had kept the implant in place, while 10% had it removed

Elist, James J. et al. "Patient selection protocol for the Penuma implant: suggested preoperative evaluation for aesthetic surgery of the penis." International Journal of Impotence Research 32, 149–152 (2020).

Key Findings:

- Penuma patients are screened for eligibility based on physical factors (previous penile enhancement surgeries, circumcision, tobacco use) and psychological factors (self-image, functional impairment, and BDD [body dysmorphic disorder])
- Proper adherence to selection protocol is more likely to result in satisfied patient

Elist, James J. et al. "Correction of retractile penis with subcutaneous soft silicone penile implant." *International Journal of Impotence Research* 32, 317–322 (2020).

Key Findings:

- The Penuma implant worked as a solution for 3 patients with adult acquired retractile penis (no shaft visible)
- One year post-operatively, the penile shaft and glans were visible and appeared natural for all 3 patients, who reported increased self-esteem and self-confidence

Elist, James J. et al. "A Single-Surgeon Retrospective and Preliminary Evaluation of the Safety and Effectiveness of the Penuma Silicone Sleeve Implant for Elective Cosmetic Correction of the Flaccid Penis." *The Journal of Sexual Medicine* 15, 1216–1223 (2018).

Key Findings:

- The 400 patients evaluated experienced an average increased penile girth (midshaft circumference) of 56.7%, from a pre-operative average of 8.5 cm (3.35 in) to a post-operative average of 13.4 cm (5.28 in)
- On long-term follow up (mean 4 years), 81% reported "high" or "very high" levels of satisfaction
- 21.5% of patients experienced adverse events, with the most common being scar formation (8%) and seroma (4.8%)

Shirvanian, V. et al. "Shortened penis post penile prosthesis implantation treated with subcutaneous soft silicone penile implant: case report." *International Journal of Importance Research* 26, 100–1004 (2013).

Key Findings:

- The Penuma implant successfully increased the penis size of 9 patients who had reduced penis size as a result of previous penile prosthesis surgery
- The subjects showed a mean increase of 2.4 cm (0.94 in) in flaccid length and 3.4 cm (1.34 in) in girth during a follow-up period of 4–24 months

In a market filled with pseudoscience and false advertising, Penuma prides itself on medical professionalism and clinically-validated legitimacy. More studies to come soon.

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CHAPTER N.13

Himplant and You: Making the Decision

Throughout this book, we've guided you through the history and science of male enhancement, introduced you to Himplant, and provided insights into the procedure and the many individuals who have benefited from it. Now, you may be considering if Himplant is the right choice for you. This decision is deeply personal and should be made with careful thought, comprehensive information, and consultation with a trusted healthcare provider.

This concluding chapter aims to help you navigate this critical decision by offering a checklist of considerations and suggested questions to ask your healthcare provider.



Considerations for Himplant

Before you decide to proceed with the Himplant procedure, here are some key factors to consider:

Your Motivation: Why are you considering male enhancement? Is it due to self-esteem, confidence, relationship concerns, or any other personal reasons? Be clear about your motivation and how it aligns with your expectations of the procedure.

Physical Health: Are you in good overall health? Do you have any underlying medical conditions that could affect the procedure or recovery process?

Mental Well-being: Do you feel emotionally prepared for the potential changes and recovery process that follow a male enhancement procedure?

Financial Implications: Have you thought about the cost of the procedure and any potential follow-up care that might be needed?

Realistic Expectations: Do you have realistic expectations about the potential results of the Himplant procedure?

Professional Guidance: Have you discussed the procedure in-depth with a qualified healthcare provider who understands your health history and personal goals?

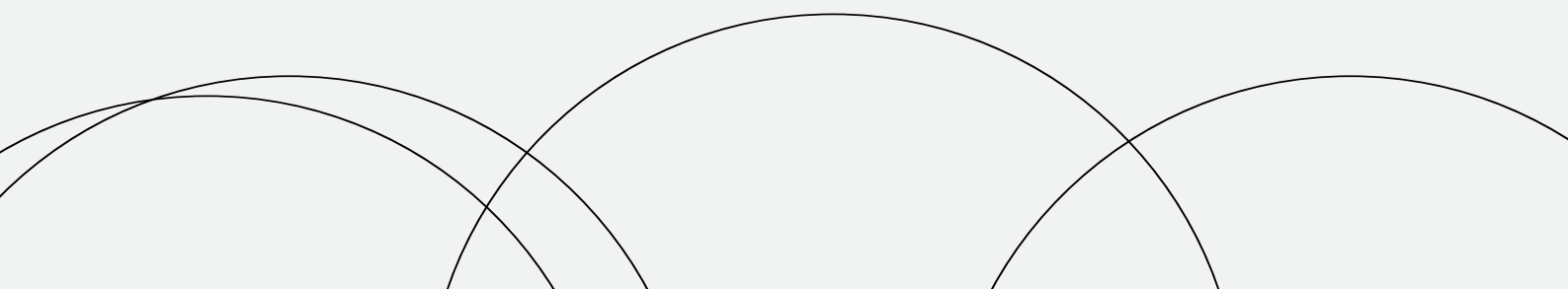
Questions for Your Healthcare Provider

Here are some questions to ask your healthcare provider when considering Himplant:

1. What are the potential risks and complications of the Himplant procedure?
2. How long is the recovery period, and what can I expect during this time?
3. How will the Himplant procedure affect my daily activities, and are there any limitations post-surgery?
4. What kind of follow-up care will be necessary after the Himplant procedure?
5. Are there any alternative procedures or treatments that I should consider?
6. How many Himplant procedures have you performed, and can I see before-and-after photos of your previous patients?
7. What can I do to prepare myself physically and mentally for the procedure and recovery?
8. What are the total costs associated with the Himplant procedure?

Conclusion

Making the decision to undergo a procedure like Himplant is significant. It's important to approach this decision armed with as much information as possible and a clear understanding of your motivations and expectations. Take your time, consider your options, ask questions, and most importantly, ensure that you're making this decision for yourself and your own wellbeing. Remember, the ultimate goal is not only enhancement but also a healthy and more confident you.



CHAPTER N.14

Meet the Innovator: A Message from Dr. Elist

During my years as a urologist, I have seen firsthand how insecurities concerning penile size can affect a great number of men, often casting shadows over their self-esteem and intimate relationships. The realization of this pervasive issue ignited in me a deep-seated aspiration to help men from all walks of life elevate their confidence and find greater satisfaction in their sexual experiences.

Today, as I stand back and observe the journey that my initial vision sparked, I am profoundly honored and humbled. Top-notch surgeons from around the nation have joined this cause, collectively advancing the mission to develop innovative solutions for men seeking aesthetic penile augmentation on a global scale.

Our joint effort has given birth to groundbreaking creations such as the Penuma and the Himplant. The Penuma implant, a pioneering, FDA-cleared silicone implant, was our first significant step towards offering a comprehensive solution to address men's concerns about penile size and aesthetics. This device was designed to provide a natural appearance and feel while comfortably fitting within the body.

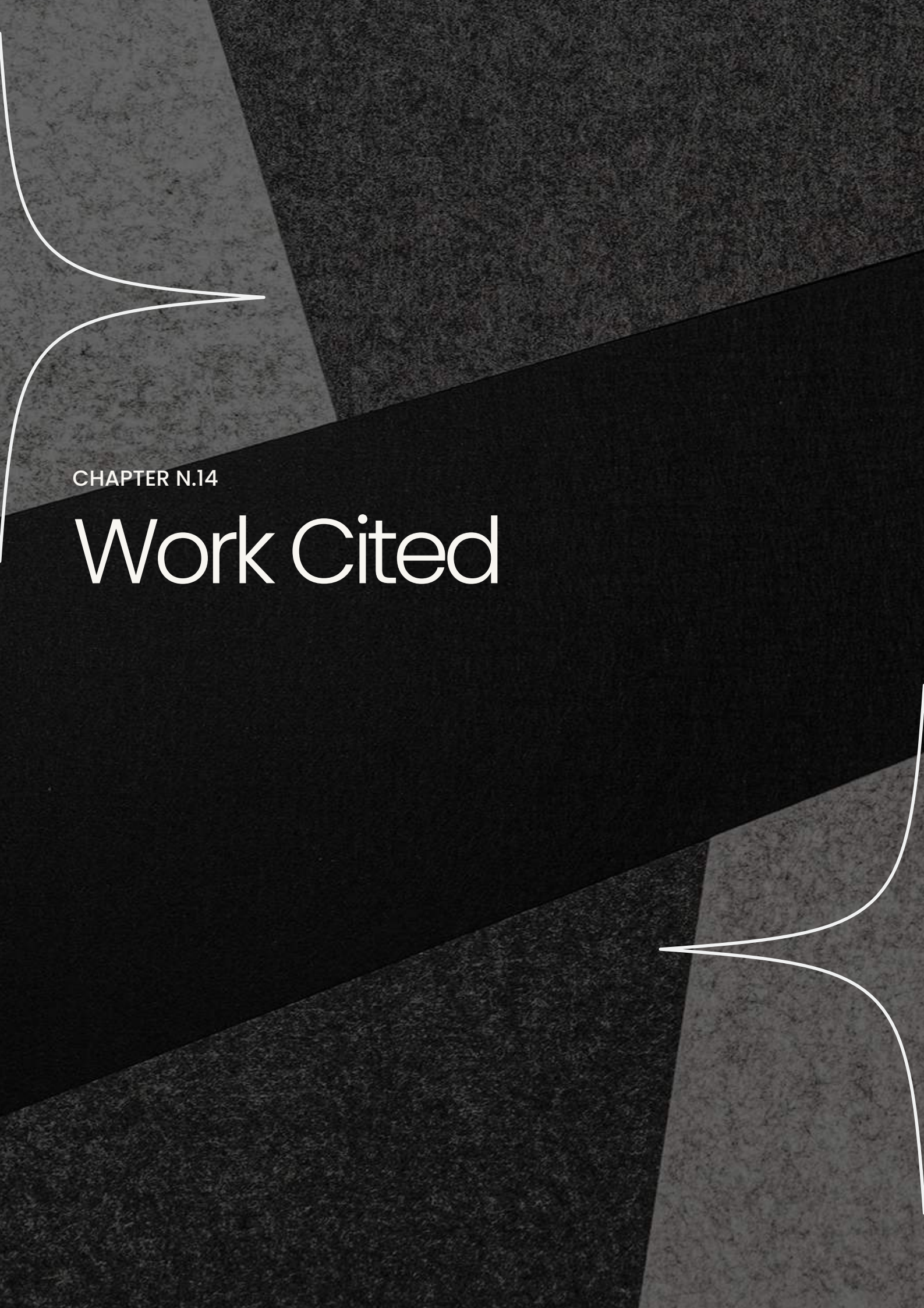
Following the success of Penuma, we introduced the next generation of aesthetic penile implants – the Himplant. Harnessing innovative technology and design, the Himplant offers potential advantages such as easier suture placement, a more natural fit, and smoother recovery. Additionally, the Himplant continues to be removable if desired, giving our patients the flexibility they deserve.

The journey of developing the Penuma and the Himplant has been a quest to make a lasting contribution to the field of cosmetic surgery for me. We're not just transforming physical appearances; we're transforming lives. Seeing these implants help men regain their confidence and embrace their sexuality with renewed enthusiasm gives me a profound sense of accomplishment and drives me to keep pushing the boundaries in this field.

I invite you to embark on this empowering journey of self-confidence and enhanced well-being with us. With the Penuma and Himplant, you're not merely changing an aspect of your physicality; you're taking a significant step towards a more fulfilled, enriching life. Let these groundbreaking advancements in cosmetic urology help you live your life to its fullest potential.



James J. Elist, M.D., F.A.C.S



CHAPTER N.14

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