

THE PRACTICE SESSION

We recommend that you follow the practice session before attempting to use your SomaTherapy-ED® system for intercourse for at least one week. Doing so will greatly increase your chances of creating an erection that is sufficient for intercourse.

The practice session should be conducted for 10 to 20 minutes per day for one week.

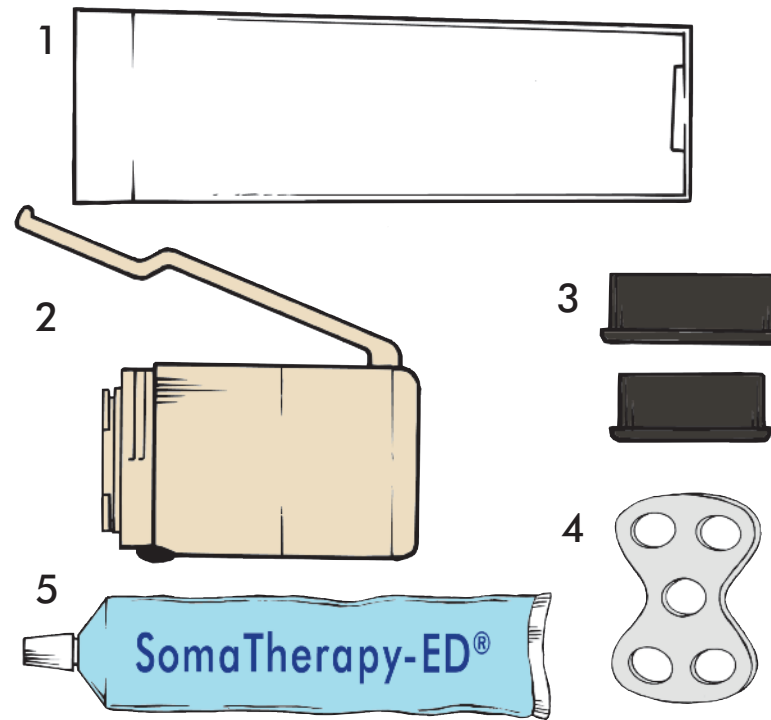
During the practice session you will not use the Tension System to maintain the erection.

Should you need additional information please refer the Instruction Manual that is included with your SomaTherapy-ED® system.

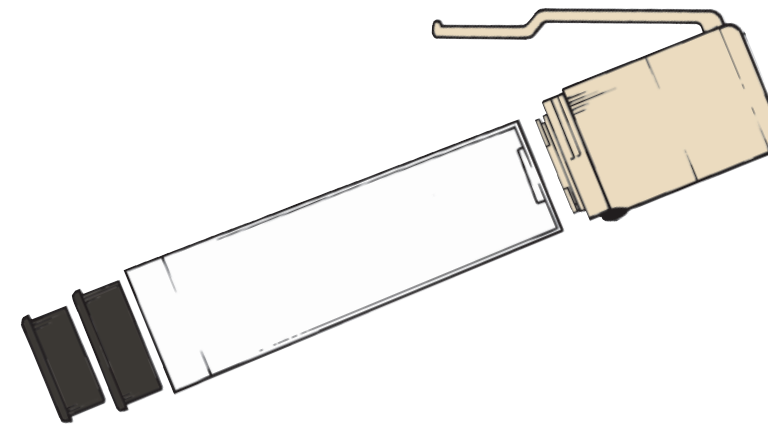
Additional instruction can be obtained by calling our Customer Service department at (800) 827-8382.

THE COMPONENTS OF YOUR SYSTEM

1. Negative Pressure Cylinder
2. Negative Pressure Device
3. Comfort Inserts
4. Tension System
5. SomaTherapy-ED® Lubricant

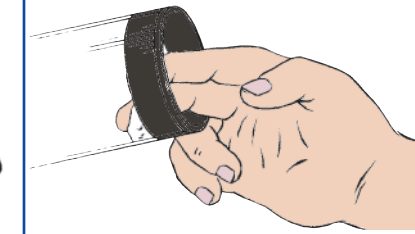


STEP 1: ASSEMBLE YOUR SYSTEM

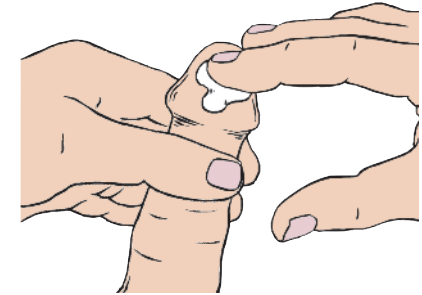


Assemble your system by lining up the negative pressure device with the negative pressure cylinder. Give the negative pressure device 1/4 turn to secure it to the negative pressure cylinder. **Caution: Do Not Over Tighten.** Insert the large comfort insert into the base of the cylinder. If necessary, insert the small comfort insert into the large comfort insert.

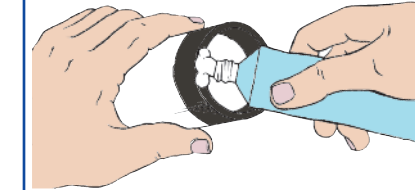
STEP 2: LUBRICATION PROCESS



A. Lubricate the inside of the bottom of the cylinder generously up to 2 inches inside the cylinder.

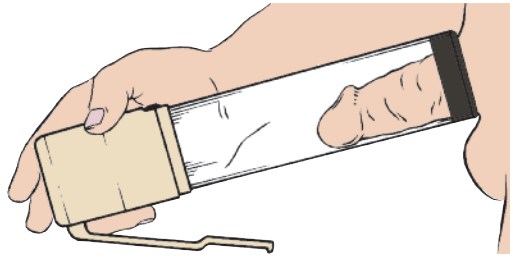


B. Lubricate the glans of the penis to ensure that during engorgement the penis will not stick to the sides of the cylinder.

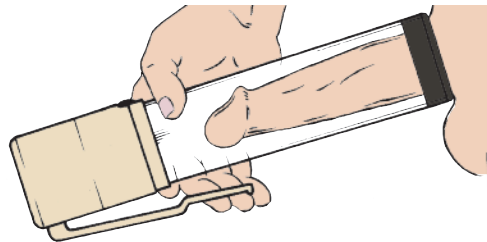


C. As if applying toothpaste, lubricate the rim of the cylinder and comfort insert with a generous bead of lubricant.

STEP 3: THE APPLICATION PROCESS

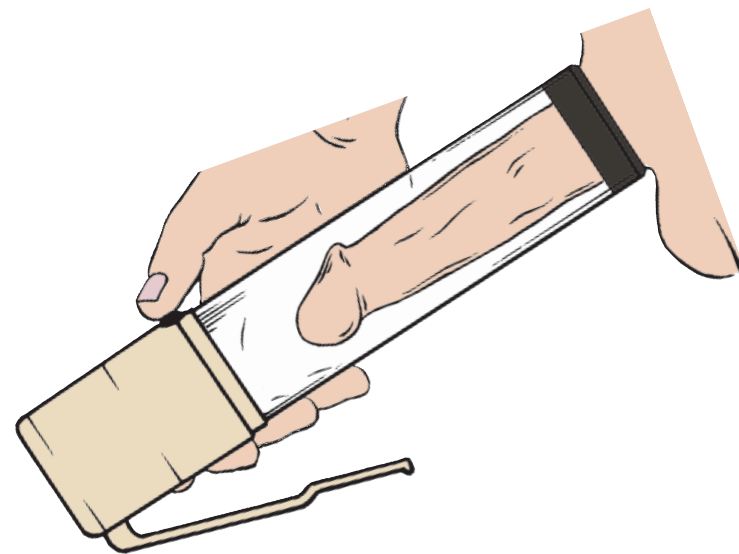


Apply the system over the penis with the system pointed down towards the floor at a 45 degree angle. Make sure that the penis is resting at the bottom of the cylinder. Give the system a twist back and forth to ensure that a good seal is created against the body. **Do not press the cylinder too hard against the body.**



Begin operating the negative pressure device by pumping the handle 3 times. Wait 10 seconds to allow blood to flow into the penis. Continue this start and stop process until the penis has reached full engorgement and the penis has lifted from the bottom of the cylinder. Be careful not to create negative pressure too quickly or over pump.

STEP 4: TERMINATE THE ERECTION



Hold the erection for 1 minute. To terminate the erection, push the round, black pressure release valve to remove negative pressure. Repeat this process for 10-20 minutes each day.

Continue this practice session daily for at least 1 week before moving to the application process for intercourse.



SomaTherapy-ED® Patient Quick Start Guide

We recommend that you read the enclosed Instruction Manual before attempting to use your new SomaTherapy-ED® Vacuum Therapy System.

This guide has been developed as a reference guide only and does not replace your Instruction Guide or any instruction you may have received from your physician.

For More Information Please Call:
(800) 827-8382

APPLICATION FOR INTERCOURSE

Now that you have successfully completed the practice sessions with your SomaTherapy-ED® system, you are now ready to apply the system for sexual intercourse.

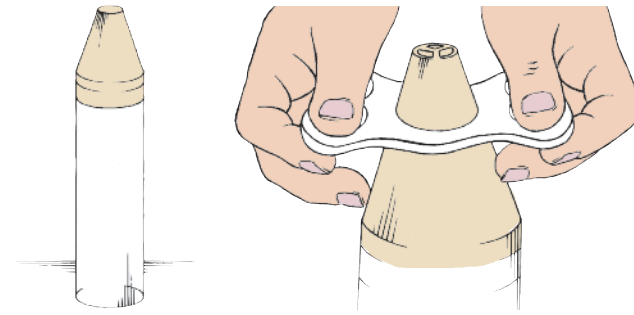
Many of the techniques you have already learned during your practice sessions, you will now learn how to load, transfer, and remove the Tension System.

Remember that the Tension System must be removed from your penis within 30 minutes of application. Failure to do this could result in injury or permanent damage to your penis.

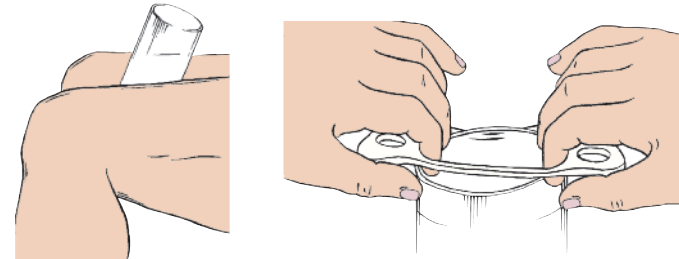
Should you need additional information please refer the Instruction Manual that is included with your SomaTherapy-ED® system.

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STEP 1: LOADING THE TENSION SYSTEM

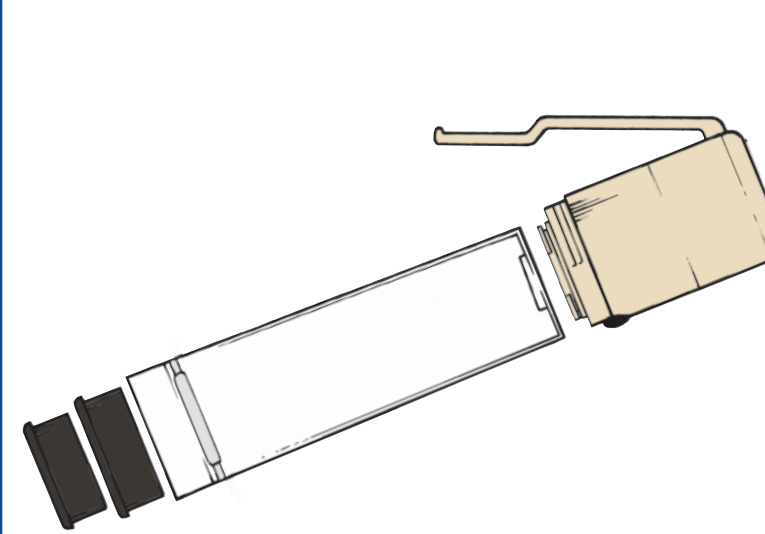


Option A: Place the loading cone into the bottom of the cylinder and place it on a flat surface such as a table or countertop. Lubricate the loading cone. Grasp the bulky part of the handles on the tension system and slide it down onto the cylinder, mounting it approx. 1/4 inch from the edge of the cylinder. Remove the loading cone.



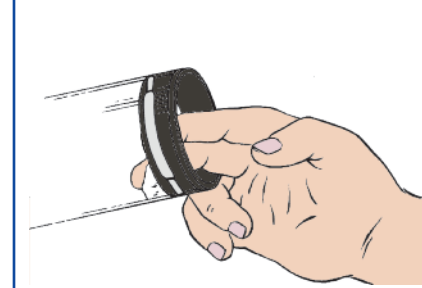
Option B: While sitting, place the cylinder between your knees. Place fingers in the middle of the tension system. Place thumbs on the front of the cylinder. Beginning from the backside of the cylinder, pull the tension system onto the negative pressure cylinder. Mount the system approx. 1/4 inch down the cylinder.

STEP 2: ASSEMBLE YOUR SYSTEM

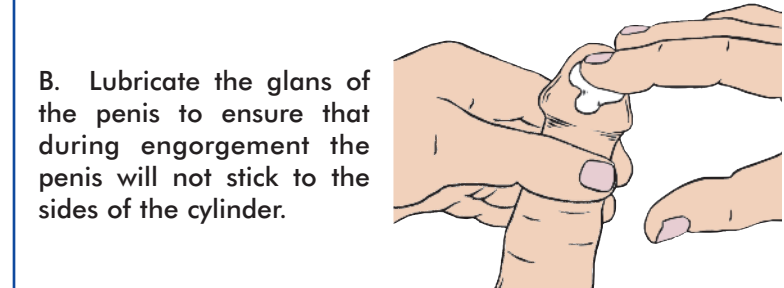


Assemble your system by lining up the negative pressure device with the negative pressure cylinder. Give the negative pressure device 1/4 turn to secure it to the negative pressure cylinder. **Caution: Do Not Over Tighten.** Insert the large comfort insert into the base of the cylinder. If necessary, insert the small comfort insert into the large comfort insert.

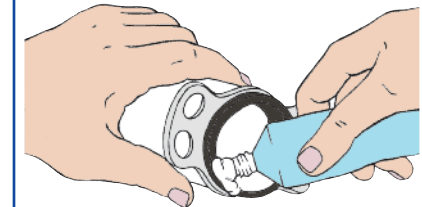
STEP 3: LUBRICATION PROCESS



A. Lubricate the inside of the bottom of the cylinder generously up to 2 inches inside the cylinder.

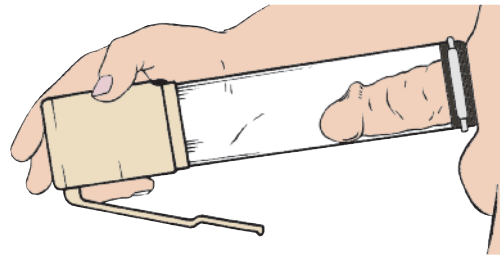


B. Lubricate the glans of the penis to ensure that during engorgement the penis will not stick to the sides of the cylinder.

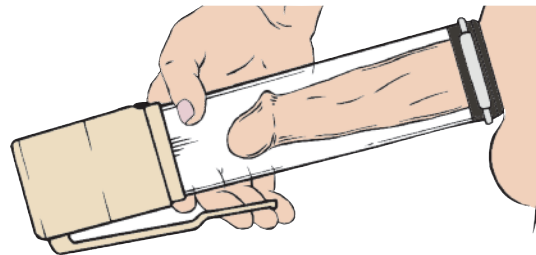


C. As if applying toothpaste, lubricate the rim of the cylinder and comfort insert with a generous bead of lubricant.

STEP 4: THE APPLICATION PROCESS

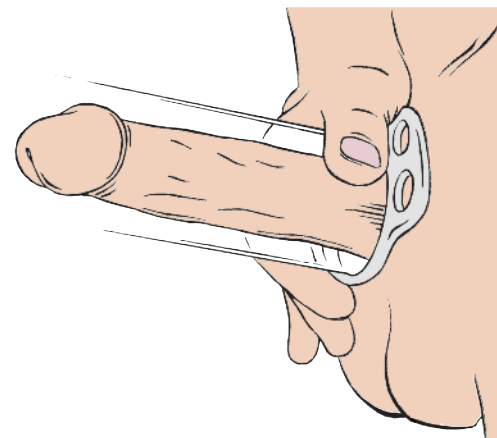


Apply the system over the penis with the system pointed down towards the floor at a 45 degree angle. Make sure that the penis is resting at the bottom of the cylinder. Give the system a twist back and forth to ensure that a good seal is created against the body. **Do not press the cylinder too hard against the body.**



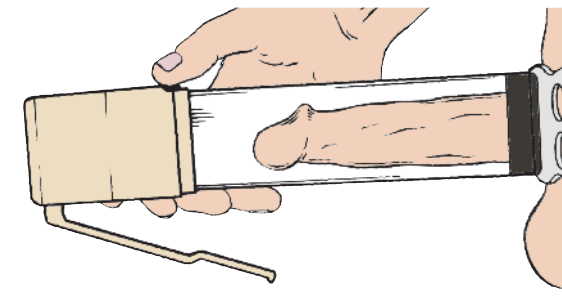
Begin operating the negative pressure device by pumping the handle 3 times. Wait 10 seconds to allow blood to flow into the penis. Continue this start and stop process until the penis has reached full engorgement and the penis has lifted from the bottom of the cylinder. Be careful not to create negative pressure too quickly or over pump.

STEP 5: TENSION SYSTEM TRANSFER

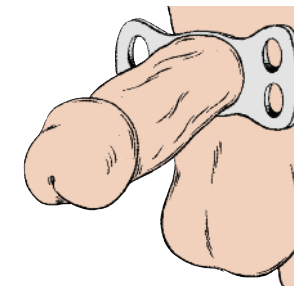


Holding your hand as if making a "C", push the tension system from the cylinder onto the base of the penis. To ensure correct application, please complete this step in one smooth motion. Being careful to pull your scrotal tissue downward before transferring the Tension System.

STEP 6: REMOVING THE CYLINDER

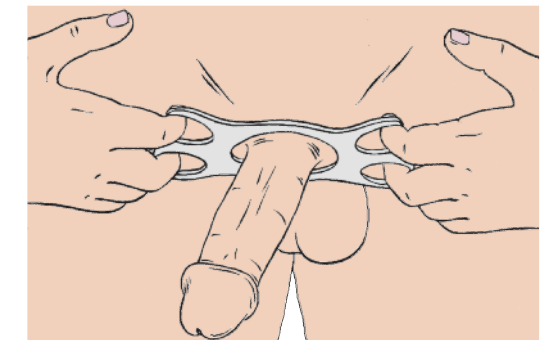


To remove the cylinder, press the round, black pressure release button. Once the pressure is released, remove the cylinder from the penis.

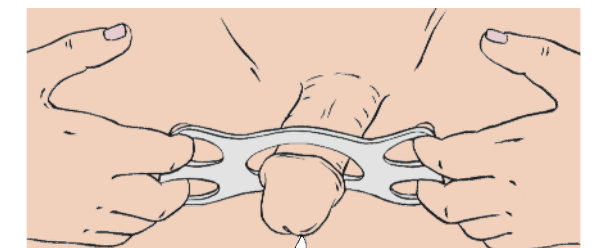


Once you have removed the cylinder, you are now ready to begin sexual intercourse.

STEP 7: TERMINATE THE ERECTION



Place fingers in the finger holes and pull evenly on both sides. Allow 10 seconds for blood to flow from the penis.



Once the penis has become more flaccid, pull the tension away from the body and off of the penis.