PhalloFILL Penile Girth Enhancement

What is PhalloFILL?

PhalloFILL is the gold standard in non-surgical penile enhancement, utilizing FDA-approved hyaluronic acid dermal fillers to increase penile girth safely and effectively. Unlike surgical alternatives, this advanced technique requires no incisions, general anesthesia, or extended recovery period.

The procedure involves a series of specialized injections that place hyaluronic acid, a substance naturally found in the human body, in precise anatomical layers of the penis. This strategic placement creates a natural-looking enhancement that complements your existing anatomy without compromising sexual function or sensation.

What to Expect During the PhalloFILL Procedure

The PhalloFILL procedure at Midtown Urology follows a precise protocol:

- A topical anesthetic is applied to ensure your comfort
- Local anesthetic is administered around the injection sites
- The specialist performs a series of precise injections, placing hyaluronic acid filler in anatomically appropriate layers
- The filler is carefully molded to ensure a symmetrical, natural-looking enhancement
- A compression garment is fitted to maintain proper filler placement

Each session typically takes approximately 30-45 minutes.

Most patients require 2-4 sessions to achieve their desired enhancement, with sessions typically spaced 2-4 weeks apart. This gradual approach ensures natural-looking results and optimal filler placement.

What are the Results of PhalloFILL Procedure?

The PhalloFILL procedure can deliver significant, natural-looking enhancement:

- Average increase of 1/4 to 1/3 inch in girth per session
- Total enhancement of 1 to 1.5 inches in girth after a complete procedure series
- Consistent enhancement along the penile shaft
- Enhanced appearance in both flaccid and erect states
- Possibility of correcting minor asymmetries or irregularities

The results of PhalloFILL enhancement are long-lasting but not permanent. Most patients enjoy results lasting 3-6 years or longer, with the option for maintenance procedures every 12-18 months.

Before Your PhalloFILL Procedure

1. You will have a pre-procedure consult during the same session that your procedure is scheduled. An upfront, non-refundable scheduling deposit of $300 will be collected and will be retained by Midtown Urology, even if you decide not to move forward with the procedure. This deposit will be put towards your procedure.
2. If your procedure is canceled or must be rescheduled, we will notify you as soon as possible and discuss potential dates for rescheduling the procedure.
3. If you have to cancel or reschedule your procedure, we require 24 hours notice. If cancellation or rescheduling occurs less than 24 hours before your procedure, the $300 scheduling deposit with be retained by Midtown Urology.
4. We utilize a nitrous gas system in the office during the procedure called Pro-nox. This is optional. This is not covered by insurance and there is an additional cost if you choose to utilize it.
5. Know the arrival time and date of your procedure.
6. If you take any blood thinners on the following list, this will need to be discussed with your provider. Do not stop these medications on your own, unless otherwise noted by your cardiologist or urologist:
    - o Plavix (Clopidrogel)
    - o Pradaxa (Dabigatran)
    - o Xarelto (Rivaroxaban)
    - o Elquis (Aphixaban)
    - o Effient (Prasugel)
    - o Brillinta (Ticagrelor)
    - o Aspirin or Baby Aspirin
    - o Fish Oil
    - o Meloxicam

The Day of Your PhalloFILL Procedure

1. You may eat a light breakfast if your procedure is in the morning. If your procedure is in the afternoon, feel free to have breakfast, and then a light lunch.
2. Continue taking all your routine prescriptions medications (except blood thinners, as previously discussed).
3. We utilize a nitrous gas system in the office called Pro-nox. This is optional. There is an additional cost if you choose to utilize it.

After Your PhalloFILL Procedure

- See detailed post-procedure care instructions below
- Your compression sleeve garment must be worn as directed
- Sexual activity and self-stimulation should be avoided for 10 days
- Temporary bruising and swelling may occur in the first 1-2 weeks
- Follow-up appointments will be scheduled to monitor your results
- Subsequent procedure sessions will be scheduled at appropriate intervals

Post-Procedure Care Instructions

Throughout the day and before bed, make sure the tip of your penis is warm, with sensitivity, and not beginning to swell or turn blue. If it appears swollen, cold, numb, or blue, remove the black rubber band if applicable. If removing the rubber band does not resolve the issue, remove the sleeve, and notify your procedure provider immediately to get another sleeve. Remember, the sleeve should fit snugly. We prefer not to increase the size unless absolutely necessary.

Wear your silicone sleeve for 3 days after procedure even when showering.

Avoid sex and self-pleasuring for 10 days.

On your 3rd day, in the warmth of a shower - remove the silicone sleeve, wash your penis and the sleeve thoroughly (inside and out) with warm water and antibacterial soap such as Dial Soap. If you are wearing a clear bell cap clean it with antibacterial soap as well. Turn away from the water, dry your penis and the sleeve/bell cap thoroughly and reapply the sleeve.

Wear your silicone sleeve for 3 weeks except for sex (after 10 days). Clean as recommended above every 3 days. Remember to bring your silicone sleeve, (bell cap and leg strap if applicable) back to your next appointment.

***If skin irritation occurs from the use of your silicone sleeve treat with 1-part TRIPLE ANTIBIOTIC CREAM (not ointment) and 1-part MAXIMUM STRENGTH HYDROCORTISONE CREAM with Aloe. Mix in the palm of your hand. Clean and dry the area. Apply to irritated skin twice daily while continuing to wear the silicone sleeve. One layer of toilet paper may be used as a barrier between the sleeve and your skin to help prevent the sleeve from sliding

Other Considerations

Bruising is normal. Bruising and swelling could last anywhere from 1-2 weeks. Bruising is not a complication. Bruising can occur on one procedure when it didn’t occur on another.

Lumps observed in the first 2 weeks after the procedure are injection site reactions and will go away. Don’t judge the outcome for 3 weeks, just follow your post-care instructions.

Lidocaine collecting under the glans (head of the penis) is normal. It can look like a bullfrog neck. Don't panic, it's lidocaine not dermal filler, it will go away.

You may appear smaller while wearing the sleeve due to compression and dehydration. This should return to normal about a week after the sleeve is removed.

Lidocaine reactions can occur. The reactions can include flu like symptoms with fever and chills. This usually happens 3-4 hours after the procedure and is usually gone before bed.

Urethral swelling is rare, but it can look like little blisters around the urethra from swelling.

Bleeding from the urethra can occur from traction on your penis during the procedure. In the rare case this happens, don't be alarmed. You may notice blood in your urine 1-2 times, and it will go away. This does not mean your urethra has been poked with a needle, this is from the urethral tissue.

Use toilet paper, gauze, or the tube of a baby sock as cushioning at either end if the sleeve rubs your skin and causes irritation or an abrasion.

Avoid excessive sweating for the first 3-7 days. Exercise is OK, lifting weights etc. 7 days of low intensity, adding cardio back in on day 7.

Avoid pools, lakes, rivers, oceans, and saunas for 3 days after your procedure. During recovery and in the future, only cold plunge with your sleeve on.

Important Contact Information
Midtown Urology
911 W. 38th Street, Suite 200
(512) 451-7935 phone
(512) 451-7965 fax

If you need to reach the doctor after hours for an urgent matter, please call our office at 512-451-7935 and follow the prompts to be connected with the on-call provider.

You may also go to Seton Main Emergency Room on 38th and N. Lamar. Please only go to this hospital as our physicians have privileges there.

Hospital for Emergencies
Seton Main Medical Center
1201 W 38th St, Austin, TX 78705