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## **PENIS LENGTHENING**

At all times, particular attention has been granted to the problem of penile size. A phallus of impressive length is considered to reflect man's strength and power, to embody his superior position.

Despite the well-known opinion, that not the size but the skills make the point, many men anyway desire to have their penises at least some centimeters longer, whatever the initial size. This urge is quite justified, and it is hardly to be called a fancy, since it is above all subconscious, defined by nature, and is the more expressed, the more a man perceives himself as a male or as a social leader. At the same time, an insufficient length of penis makes a man feel uneasy in women's presence, and provokes also general uncertainty and inferiority complex. Thus, the size of penis becomes one of determinative factors in the personal achievement of a male, and besides, an important index, which influences immediately the quality of life.

The purpose to make a penis longer requires stretching it constantly and statically by means of a special orthopedic apparatus called extender.

An extender is a medical device that uses the principle of stretching force.

An extender consists of a plastic base connected with two mobile metallic bars, on which we put a plastic plate with a noose or strap fixing the glans.

Extender can be put on or removed without assistance. Thanks to its small size and easy handling, one can wear it while walking, lying or sitting. Nevertheless, it would be reasonable to consult a doctor before starting to extend the penis, and to try the extender on.

### **STANDARD PROCEDURE**

Extension strategy requires establishing prolonged conditions for traction (lengthening) of penis with equal force, which can be achieved by lengthening of extender's bars in equal periods.

According to the standard instructions, an extender is used with the same bar length during 7-10 days. The process is kept under control by means of a ruler or by turning extending axes onto the bars. Thus, prolonged conditions for static extension of tissues are created. Each 7-10 days the bars should be extended by 5 mm, which is indispensable to exceed the extending of penis tissues within any given stage and to provide further extension.

### **How it occurs in an ideal situation**

In 40 days after beginning of extension the bars become 2 cm longer.

In 80 days the bars become 4 cm longer.

In 120 days (four months) extender lengthens to 6 cm after "start point".

The extension level of penis “on extender” by maximal extension outstrips the lengthening during erection in 2-3 times.

Indeed, a penis maximally extended on the apparatus turns out longer and thinner than it is while erected. The point is that during the extension not only the growth of penis tissue occurs, but also its elasticity improves. During the erection blood affects the tunica inside the penis with equal force, that’s why the process may result in some thickening of penis in addition to the lengthening, but decreasing of thickness is absolutely impossible.

Thus, if compared with the start point (which is the initial maximum of bar length) the apparatus is successfully extended to 6 cm; it means that by erection the penis becomes 2-3 cm longer.

Therefore, following the recommendations and the above described strategy, the actual lengthening in six months should exceed 2 cm, which is a satisfactory result. An average result must be within 3-5 cm. According to my experience, the maximal result may reach 7.5 cm.

### **ALTERNATIVE PROCEDURE**

Actually, the way to extend the penis was not invented by the extender manufacturers. It became well-known much earlier than the first extender appeared. The Indian Sadkhus tribes achieved tremendous results by hanging stones onto penises with lianas or grass. Heavy stones extended the penis tissues with equal force during all the period while they were fixed on it. Adaptation periods, as well as using rulers or additional bars, were out of question. High effectiveness can be explained considering the force of extension and the exposure time.

We believe that any contemporary man can not and will not use loads, hanging them on his penis. Of, course he will prefer to apply an extender. Extender attempts to make the extension comfortable. But to achieve the best results one should use the extender carefully.

The idea of an alternative way of using an extender is to provide the conditions of maximal penis extension in order to achieve quick results. Of course there should be the golden mean between the force, exposure time and one’s feelings. There should be no pain, but some discomfort may occur.

#### **Description of an alternative way to use an extender**

1. Fix the extender and extend the bars to the maximum length possible at the moment.  
**NB! This length can turn out less than it was, say, a day earlier. It is a normal occurrence; the penis could just have contracted.**
2. 10-15 minutes after the extension of penis and its sagging, extend the bars on maximum again.  
**NB! If the bars are extended almost at full length, you have to put the device off, twist the bars in and lengthen them with additional bars in order to continue using the extender.**
3. If the penis lengthens again in some minutes and the tension decreases, you have to extend the bars of extender up to maximum once again.
4. Now you have to use the extender with the resulting length of bars during 1 – 2 hours, depending on circumstances and opportunities.

5. Extender should be used not less than 2 hours a day.

**NB! Certainly, the best option would be to use the extender several hours a day, if there is an opportunity to do so. The final result depends on total time.**

6. "Skipping" days is possible.

**NB! If it is indispensable to miss a day or more, it does not affect the results, because there is no difference between breaks of 8 hours (for sleep) and 36 hours. Though, frequent breaks are not recommended.**

7. It is necessary to follow the general pattern of lengthening the extender bars approximately 2 inch a month.

The idea of this alternative method of penis extension is to exceed the stretching of its tissues within one time period. The point is that an extension is not the same as actual lengthening. Extension is entirely reversible, lengthening is not. Therefore, only exceeding the extension and continuing to press on tissues with the same force, it is possible to stimulate their growth. In other words, **extender must imitate a stone hanged onto the penis.**

Using the extender according to the standard scheme, we stretch the penis. After some time it begins to sag, because extended. The inner springs' tension is absolutely not enough to continue pulling the penis with the same force, otherwise it would not sag. The springs are necessary more for comfortable fixing of the extender rather than to define the extension force. Thus, after reaching full extension, the effect of extender decreases, and there an **ineffective** period of its use begins.

From the medical point of view, I believe the alternative way of using the extender is more effective and valid compared with the traditional recommendations.

### **SURGICAL EXTENSION OF PENIS**

Unfortunately, a surgery that would allow lengthening a normal penis safely and effectively at once does not exist. First, because the extensibility of male urethra, vessels and nerves makes 1.5 to 2 cm, so it is impossible to add considerable length to a penis at once.

Second, it is possible, of course, to conduct a single-stage surgery for penis transection and its tunica's plasty (corporoplasty), but such procedure leads inevitably to losing of natural erections, so this kind of surgery is always accompanied by implantation of penis prostheses.

Third, theoretically, a surgery could be conducted that consists in separating the penis from the spot where it is attached to pelvic bones and transferring it forwards. But this operation requires transection of penile vessels and is also accompanied by implantation of penis prostheses. Therefore, a normal penis with normal erection may not be separated from the pelvic bones and transferred forwards.

Obviously, surgical operations of this sort are nonsense, if the matter concerns a penis of normal size capable of natural erection.

The only safe and effective method of surgical extension of penis with natural erection is ligamentotomy through scrotal access **with further using of an extender.**

The point of surgery is to remove the ligament that fixes the inner hidden part of penis (this part can be long enough) to the pelvic bone. It allows the extender to stretch this inner part. To put it differently, it is a question of increasing the area of extender's work. Since the final result

depends on initial length of penis, after the surgery an effect of more impressive lengthening during the erection can be achieved.

Ligamentotomy is conducted through the scrotal approach along the middle suture of scrotum. The procedure is exquisite, access minimal; the cut heals up leaving practically no trace. Besides, the surgery is of complementary character, it does not make any sense without further use of extender. So to use the extender after the surgery is an indispensable condition.

In a number of cases, simultaneous performance of ligamentotomy and liposuction in pubic region is required, because increasing thickness of suprapubic fat visually conceals the actual length of penis, and the layers of subcutaneous fat thicken with the age. The surgery is conducted through two different approaches in order to avoid any leakage from liposuction area to the scrotum which may lead to developing of infectious complications.

Indication for operation is not only the patient's desire, but also the initial size of penis.

- If the penis is shorter than 12 cm, then there are medical indications for surgery, since the matter considers hypogonadism, and we have to fight for each millimeter.
- If the penis is shorter than 15 cm, then the surgery should be conducted only in order to achieve maximal results.
- If the penis is longer than 15 cm, then the surgery does not make any considerable sense.

Of course, this differentiation is highly relative, and in most cases the patient's wish matters above all.

### **Penis extension by means of hormonal therapy**

Regarding the use of hormones, in case of hypogonadism or hormonal disturbances connected with the insufficient production of testosterone, using testosterone medical drugs is necessary in order to provide for complex influence on penile tissues. In these cases testosterone is prescribed as injection treatment.

### **As to the clothes during penis extension**

1. The underwear requires particular attention. Pants must be loose-fitting. If the extender is directed from upside down, then tight pants can drag it up, decreasing the tension of its bars. Besides, it is difficult or even impossible to wear the extender upwards in tight pants.
2. The trousers must be also loose-fitting. If using extender at work, it is sensible to choose suit trousers.

### **About sex during penis extension**

Frequent sex is necessary. Sometimes men have psychological problems regarding the erection, especially if one is uncertain about his penis' size during the erection or without it. Besides, erection does not always occur before the moment comes to put off the clothes, and this is stressing the anxiousness even more. In situations of stress, shame and fear blood tension rises, vessels narrow, and erection might just disappear. Such an occurrence does not mean at any rate that this particular male has erection problems of organic origin; he usually gets fully excited while masturbating. The solution of this problem could be supporting the erection with medical

drugs – phosphodiesterase inhibitors of type 5 (Cialis, Levitra or Viagra). All one needs is just to perform first several intercourses “high on pills”, without necessarily informing his partner. In view of sure erection fears will cease and doubts in one’s sexual ability dissolve. Although these drugs are freely available at the pharmacies, consult your doctor before using any particular drug.

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