

# **FREQUENTLY ASKED QUESTIONS**

#### How much bigger with CALIBRE?

CALIBRE is able to produce quite noticeable increase in the girth of the penis. The product used is a volumizer, so 1ml of product results in 1ml increase in size. The more product the bigger the size, however, we are also aiming for aesthetic symmetry so your CALIBRE doctor will recommend a sensible volume based on natural size and shape.

# How much product will I need?

The amount of product required to achieve a specific increase will depend upon your natural erect length and girth.

The product is a volumizer so 1ml product = 1 ml increase, but this needs to be placed evenly around the full length of the shaft. The recommended volume of product will be discussed and explained during your confidential consultation.

With a 15ml augmentation, it is common to achieve a 1-inch increase in the flaccid circumference, which results in around 0.5 to 0.7 inches increase in erect circumference. It is possible to have further top-ups every month after the initial procedure if additional size is desired.

\* Patient results will vary based upon unique circumstances and should be discussed with your consulting doctor.

#### Is CALIBRE painful?

An important factor in developing the CALIBRE procedure was for minimal discomfort. It is possible to perform CALIBRE as a 1-hour, in-clinic procedure with only numbing cream for anesthetic. The dermal filler is also laced with lignocaine. The procedure is not painful.

### **How long does CALIBRE last?**

Most men won't notice a significant reduction in the size of their CALIBRE augmentation over the initial 9-12 month period and then a gradual resorption over the next 12 months.

However, HA resorption rates do differ between patients depending upon their metabolism and how much Hyaluronidase enzyme is naturally in their penile tissue. Given the large volumes injected (10 ml+)a, the studies by Allergan have shown 80%+ retention after 18 months, with gradual full resorption up to 30 months. Please refer to the graph below, which measured resorption in the face.

Other reports indicate that repeat injection of HA tend to last longer, most likely due to the stimulation of collagen where the filler is placed, which is called fibrogenesis.

We are generally seeing a slightly slower resorption in penile tissue. So far, our patients are showing good retention after 12 months and most only come back within this time frame because they wish to be larger. However, we anticipate most patients will want a top-up of 5-10 ml every 18-24 months, to maintain the size.





## Can CALIBRE assist with premature ejaculation?

There are some positive studies showing injection of HAs into the glans can assist with premature ejaculation symptoms and we have observed this with our patients. However, this is a specific procedure and less focused on aesthetic results.

## **Recovery after CALIBRE?**

There is minimal downtime with CALIBRE, most patients return to work the next day.

After the procedure, a stretchy bandage will be wrapped around the penis to minimise swelling and assist with product placement. We ask that you leave this on for 24-48 hours and you may re-wrap if the bandage comes off sooner.

With HA's, there is some initial malleability to the product for 2 weeks after injection. You may use this time to massage any bumps or smooth irregularities, but please don't overdo it. The dermal filler will integrate with penile tissue after 2 weeks, so any residual bumps after this time will need to be dissolved or naturally resorb over time.

Post Care: we advise patient's to keep the area clean for a week, avoid sexual activity for 3 days (and unprotected anal sex for 7 days), shower daily and after exercise, take any prescribed medications and follow our post-care instructions carefully.

We provide after-hours support line if anything concerns you and ask that you return after 3-4 weeks for review.

#### Returning to sexual activity?

We advise patients to abstain from sexual activity for at least 3 days and from unprotected anal sex for one week to allow the tiny injection points to fully heal and minimize the risk of infection.

# Who performs CALIBRE?

CALIBRE was developed over a several year period by Dr. Jayson Oates FRACS, based in Western Australia. Only doctors who are personally trained by Dr. Oates and certified CALIBRE Clinicians may perform the CALIBRE procedure.

#### What Is Hyaluronic Acid

Hyaluronic Acid (HA) is a naturally occurring chain of sugars found in the skin and tissue of all animals, which is broken down and regenerated relatively quickly by the body.

HA's that are used for cosmetic purposes have been replicated in a lab. They are generally cross-linked to extend duration once they are injected. The more cross-linking, the firmer the product and the longer it tends to last.

Body tissue has natural Hyaluronidase, the enzyme that breaks down Hyaluronic Acid into carbon dioxide and water. Other factors such as natural metabolism, excessive exercise and medications may also affect how quickly HAs are broken down.

Given the premium HA products used in the CALIBRE procedure, most men won't notice any significant change in the size of their augmentation over a 12 month period but this does vary (refer FAQ: How long does CALIBRE last?).

