

Penis Pumps / Vacuum Erection Devices (VED's) for Erectile Dysfunction, Penis Length and Penis Size



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What are Penis Pumps?

Penis pumps (or Vacuum Erection Device “VED”) is a common device used for erectile dysfunction or to maintain the length and size of the penis in the absence of nighttime erections. Use of a **penis vacuum pump** / VED involves a device that is shaped like a hollow tube that has a battery or hand-powered or electronic pump. The vacuum pump is placed over the penis and it applies pressure to the penis, specifically the erection (erectile) structures, which in turn improves the flow of blood into the erection tissues, resulting in an **erection**. Once an erection has developed, a tension or constriction ring is placed around the base of the penis to help maintain the erection, and the penis vacuum pump is removed.

It is important to not leave the tension ring on the penis for more than 30 minutes for penis pumps, because restricting blood flow for too long may injure the penis. If you choose a penis pump, make sure you get a model that has a vacuum limiter, which prevents the pressure from going too high and injuring the penis.

How Can a Penis Vacuum Pump Help with ED?

Use of Penis Pumps / VED After Prostate Surgery

Damage to vital **penile nerves** during prostate cancer surgery leads to neuropraxia (interruption of nerve impulse transmission) creating a period of transit ED for about 70% of patients. The time period required for the recovery of erectile function after prostate cancer surgery varies from 6 to 24 months. During this period of neuropraxia a lack of natural erections produces cavernosal hypoxia (lack of oxygen to the penile smooth muscle). This cavernosal hypoxia has been implicated as one of the most important factors in the pathophysiology of ED. Cavernosal hypoxia predisposes to cavernosal fibrosis, ultimately producing venous leak (loss of blood from the penis) and long-term ED. Interruption of this

cascade of events has been the major challenge for physicians dealing with erectile dysfunction.

There are several studies in the sexual medicine literature on [penile rehabilitation](#) after radical prostatectomy, and the positive results appear to support this concept, the rationale, and mechanism. And today there are a growing number of physicians who support the use of a prophylactic [penile rehabilitation program](#) using a VED / penis pumps following prostate cancer surgery. These programs are designed to improve oxygen delivery to penile erectile tissues, aimed at preserving erectile tissue health and minimizing erectile tissue damage that otherwise occurs during the period of neural recovery to the autonomic cavernosal nerve following radical prostatectomy.

The underlying hypothesis of the penis vacuum pump or “VED” is that the artificial induction of erections shortly after surgery facilitates tissue oxygenation, reducing cavernosal fibrosis in the absence of nocturnal erections, potentially increasing the likelihood of preserving erectile function. For this reason, the vacuum erection device (VED), because of its ability to draw blood into the penis regardless of nerve disturbance, has become one of a number of treatments considered as part of a penile rehabilitation program.

Can Penis Pumps be Used to Increase Penis Size and Length?

Loss of Penis Length After Surgery

In addition to ED after prostate surgery one of the most common side effects of prostatectomy is the shrinkage of the penis, both in circumference and length. Penile shrinkage is common among men who have had prostate surgery and tends to worsen over time. However, penis pumps and vacuum pump therapy has been shown to help patients maintain preoperative penis size. In a clinical study, 63% of patients who didn't use a vacuum erection device after a prostatectomy suffered from penis shrinkage vs. shrinkage in only 23% of the patients who routinely used a vacuum erection device. Other clinical studies have reported early sexual function, penile length preservation and high satisfaction rates among men who routinely used a penis vacuum pump after prostate surgery.

Can Penis Pumps / VED be Used to Increase Penis Size and Length?

What if you have not had surgery but just want to maintain the length and size of your penis as you age? There are many promotions for “penis extension” pills and devices but none of them have the scientific and medical support of VED's / penis pumps.

Basically, as you age, your capacity and frequency for nighttime erections is reduced. Nighttime erections are part of normal healthy sexual function as they stretch and maintain the penis tissue while you are sleeping, thereby maintaining the length and size of the penis. A healthy male usually has anywhere from 2-5 nighttime erections that help to maintain healthy penis tissue and length. If you are suffering from ED or have taken and failed a [Nocturnal Erection Test](#) then a penis pump / VED may be an option to help you maintain the length and size of your penis while undergoing treatment. In addition, as part of a sexual health program a penis pump / VED may be useful as a means to maintain penis length and size in the absence of consistent nighttime erections.

[**Read More on Penis Pumps to Increase Length and Size of the Penis**](#)

Safety of Vacuum Erection Devices / Penis Pumps

A very important warning about vacuum erection devices is to make sure you only use instruments that have been approved by the FDA. Many penis pumps are being sold over the Internet, through the mail, and in sex shops, often touted as “penis developers,” and other names. These items may expose the

penis to pressures that are excessive and that can cause injury and damage. Only penis pumps that have been approved by the Food and Drug Administration (FDA) should be used, because they apply a safe, limited amount of pressure.

Advantages and Disadvantages of Penis Vacuum Pumps

A main benefit of vacuum erection devices is that they are effective, with 80 to 90 percent of men who use them achieving an erection with up to 80 percent rigidity. These devices are easy to use and safe, and men have reported a significant improvement in sexual satisfaction when using them.

Younger and middle-aged men, however, are less likely to use them because they typically engage in more frequent sexual intercourse and find use of the vacuum device to be less spontaneous, as it takes 10 to 20 minutes to achieve an erection. The constriction ring needs to be very tight on many men in order to maintain the erection, and this can be painful. In addition, the erection men achieve using a vacuum pump is less aesthetically pleasing than one that occurs using other methods. This is because the blood that is drawn into the penis when using the vacuum is mostly from the veins and has low levels of oxygen, which makes the penis bluish or gray rather than pink. The erection also is cooler in temperature than one that is obtained “normally,” because the blood in the penis is mainly from the veins, not the arteries, which is warmer.