



SOLUTION UROLOGIE
Pour une meilleure qualité de vie

VACURECT

User Manual

Class I Medical Device



Video instructions

<https://www.solution-urologie.fr/en/how-to-use-vacuum-vacurect/>

Customer service — contact@solution-urologie.fr

The essentials in 5 steps

This quick guide will help you get started with VACURECT. For clinical details, contraindications and maintenance, please refer to the following sections. If in doubt, consult your doctor.

1	Fitting the ring Choose the type of ring that matches your intended use: comfort or large ring for rehabilitation, compression ring for sexual intercourse. Place it on the open end of the cylinder and press firmly against a hard, smooth surface (such as a table) until a perfect airtight seal is obtained.
2	Applying the lubricating gel Generously apply a water-based lubricating gel around the opening of the ring, on the tip and along the shaft of the penis. Lubrication makes it easier for the penis to be drawn through the ring, improves comfort and prevents the skin from sticking to the inner wall of the cylinder. Never use petroleum jelly, mineral oil or any petroleum-based oil: these products permanently damage the rings.
3	Position, seal and pumping Stand upright, ideally. Shave or clear the area at the base of the penis to prevent air leaks: a single trapped hair can be enough to compromise the seal. Simply position the opening of the lubricated ring against the tip of the penis, without trying to manually introduce the penis into the cylinder. Start pumping: the penis is gradually drawn through the ring. As suction takes effect, let the device slide down to the base of the penis, then hold the cylinder firmly against the body to maintain the seal. Use full, controlled pumping strokes. As a guide: 6 to 8 pumps, then a 10- to 15-second pause, then repeat if needed. If you feel pain, release the pressure immediately.
4	During the session This step depends on your intended use. For rehabilitation, the cylinder stays in place to support blood flow and tissue oxygenation (see blue box below). For sexual intercourse, simply remove the cylinder by gently pressing on the side of the ring, just behind the cylinder, to release the air and depressurise the system (see purple box below).
5	Ending use At the end of the session or after intercourse, release the pressure, remove the cylinder and then the ring (if applicable), then clean and dry the device. Never keep the compression ring on the penis for more than 30 minutes.

What changes depending on your use

Penile rehabilitation

Step 4: Keep the cylinder in place for the duration recommended by your doctor. As a guide, a session may last 10 to 20 minutes. Perform additional small pumps if needed to maintain blood flow. The goal is not a rigid erection but the regular oxygenation of the tissue.

Step 5: Gradually release the pressure, gently remove the cylinder, then clean the device.

For sexual intercourse

Step 4: Once the erection is satisfactory, gently press on the ring, just behind the cylinder, to depressurise the system, then carefully remove the cylinder while leaving the ring in place. If rigidity is insufficient, you can resume pumping without removing the ring. If the erection does not hold well enough after the cylinder is removed, try the next smaller ring size on the following use, until you find the one that provides sufficient rigidity while remaining comfortable.

Step 5: After intercourse, firmly compress the penis for 10 seconds, then remove the ring with both hands by its outer edge, in a single motion.

Caution: never keep the compression ring on for more than 30 minutes.

3 rules you must never forget

Never keep the compression ring on for more than 30 minutes. Use only water-based lubricant (never petroleum-based oils, never petroleum jelly). Stop immediately and consult a doctor if you experience pain or any complication.

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1. Read before first use

For safe and effective use of VACURECT, always follow these instructions.

Use only a water-based lubricant.

Petroleum-based lubricants, such as petroleum jelly or some oils, can permanently damage the rings.

Do not over-pump.

The vacuum must be created gradually. Over-pumping can cause pain, bruising or the rupture of small blood vessels in the penis or scrotum.

Stop immediately if you feel pain.

Slight discomfort may be felt during the first uses, but any pain must lead to releasing the pressure immediately and stopping use.

Never keep the compression ring on for more than 30 minutes.

The compression ring must be removed after intercourse to allow blood to flow back normally.

Never fall asleep with the compression ring in place.

Do not use the device under the influence of alcohol or drugs.

Consult your doctor before use

if you have loss of pain sensitivity in the penis, severe Peyronie's disease, a history of priapism, sickle cell disease, severe coagulation disorders, or if you are taking an anticoagulant medication, in particular Warfarin.

2. How VACURECT works

VACURECT works on a simple physical principle: creating a vacuum inside a cylinder.

The penis, in its flaccid state, is presented at the opening of the ring placed at the end of the cylinder. Pumping creates a negative pressure that gradually draws the penis through the ring and promotes blood flow to the corpora cavernosa. The penis then fills with blood, leading to gradual swelling and stiffening.

Two possible uses

- as part of penile rehabilitation (see section 4);
- to allow sexual activity, with the erection maintained by a compression ring (see section 5).

Depending on the use, the objective and the type of ring differ: rehabilitation aims at a controlled swelling to oxygenate the tissue, whereas use for sexual intercourse aims at a rigid erection maintained by compression.

The role of the two types of rings

Comfort rings (size L or XL) are used for rehabilitation: they provide the cylinder's airtight seal without strongly compressing the penis. Compression rings, with a smaller inner diameter, slow the return of blood and help maintain the erection after the cylinder is removed, for sexual intercourse.

A comfort ring does not replace a compression ring for maintaining an erection during sexual intercourse. Conversely, a compression ring is not intended to be worn during a long rehabilitation session.

3. Precautions and important information

Before using VACURECT, consult your doctor if you are affected by any of the following situations:

- loss of pain sensitivity in the penile area;
- severe Peyronie's disease, in particular with significant curvature or pain associated with erection;
- history of priapism, i.e. an erection lasting several hours;
- sickle cell anaemia;
- severe coagulation disorders;
- use of anticoagulant medication, in particular Warfarin.

Device safety

The VACURECT pumping mechanism is designed not to exceed a predefined maximum safety pressure, in line with the manufacturer's recommendations. Although rare, the most frequent complications associated with the use of a vacuum erection device are bruising, contusions or the rupture of small blood vessels in the penis or scrotum. Slight discomfort may also occur, particularly during the first uses. These effects are generally minor and temporary.

In case of complication

If you experience significant pain, a complication or any unusual symptom, stop using the device immediately and consult your doctor.

4. Use for penile rehabilitation

VACURECT may be used as part of a penile rehabilitation programme, according to the recommendations of the doctor or urologist who is following the patient. In this context, the goal is not necessarily to obtain a rigid erection suitable for intercourse: the aim is to promote blood flow to the corpora cavernosa, improve tissue oxygenation and gradually mobilise the penis.

The duration, frequency and intensity of sessions should be tailored to the patient's medical situation. As a guide, a session may last 10 to 20 minutes. Rehabilitation may be carried out preventively, before surgery, or after surgery once healing is complete. The earlier rehabilitation is started, the more favourable it can be. It may also still be beneficial after a prolonged period of erectile dysfunction, depending on the patient's situation.

If the neurovascular bundles (nerves involved in erection) have been damaged, rehabilitation may still be useful, but maintaining the erection outside the cylinder may not be possible.

4.1 Rehabilitation after prostatectomy

After a prostatectomy, it is common to observe a decrease, or even a temporary absence, of spontaneous erections. This period can lead to reduced oxygenation of the erectile tissue and contribute to loss of suppleness or volume of the penis.

In this context, VACURECT may be used once healing is complete and with medical approval, in order to regularly restore blood flow to the corpora cavernosa, without aiming for an erection suitable for intercourse.

- use a comfort ring or a large ring suited to rehabilitation;
- do not seek to obtain a maximal or painful erection;
- pump gradually, in short cycles;
- maintain the swelling for the recommended duration;
- gently release the pressure at the end of the session.

4.2 Rehabilitation in Peyronie's disease

In Peyronie's disease, a fibrous plaque can cause penile curvature, discomfort, loss of length or pain during erection. Depending on the clinical situation, the degree of curvature and medical advice, VACURECT may support care by promoting a gentle and gradual stretching of the tissue.

In this setting, the goal is not to force correction of the curvature, but to obtain a controlled, gradual and comfortable swelling, in order to mobilise the tissue without pain.

- seek medical advice if curvature is significant or painful;
- pump slowly and gradually;
- do not seek to obtain a maximal erection;
- release the pressure immediately if curvature, pain or discomfort increase.

VACURECT does not replace medical follow-up of Peyronie's disease. It may be part of a treatment strategy when your doctor considers it appropriate.

4.3 Use before penile implant surgery

Before the implantation of a penile prosthesis, some doctors may recommend the use of a vacuum erection device in order to preserve as much as possible the length, volume and suppleness of the penile tissue. The goal is not to allow intercourse but to maintain tissue elasticity ahead of surgery.

- only use the device after approval from your doctor or surgeon;
- use a comfort ring or a large ring;
- do not use a tight compression ring for rehabilitation purposes unless medically indicated;
- favour regular, gentle and gradual sessions;
- stop in case of pain, haematoma or significant discomfort.

4.4 Use in patients with an inflatable penile prosthesis

In men with an inflatable penile prosthesis, VACURECT may be considered in some cases to support tissue maintenance or to help preserve penile length. Such use must be validated by the urologist, since the presence of an implant alters the anatomy and requires specific precautions.

- only use the device after medical approval;
- strictly follow your surgeon's instructions;
- never force the pumping;
- stop immediately in case of pain, unusual discomfort or doubt.

4.5 Mild erectile dysfunction, diabetes or after shockwave therapy

VACURECT may also be used by some men with mild erectile dysfunction, a decrease in spontaneous erections, diabetes or after a low-intensity shockwave therapy. The objective is then to maintain erectile function, regularly stimulate blood flow and help restore confidence in the erectile response.

Depending on the goal, the device may be used without a compression ring (rehabilitation logic) or with a compression ring (if the goal also includes intercourse). If you have diabetes, sensory disorders or vascular disorders, seek medical advice before use.

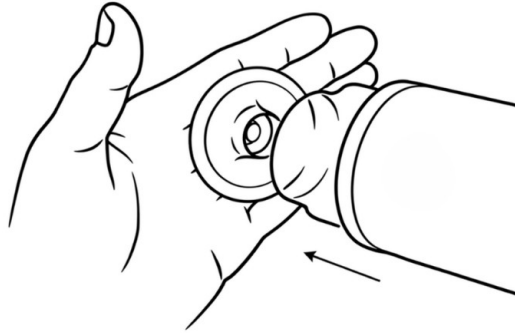
Principles common to all forms of rehabilitation

Whatever the context, the swelling must remain gradual, controlled and comfortable. Always use a comfort ring or a large ring, water-based lubricant, and pump without pain. The practical steps of use are described in section 5.

5. Instructions for use

The steps below are common to all uses. The specific variants for rehabilitation and for intercourse are indicated in the blue and purple boxes at steps 4 and 5.

5.1 Step 1 — Fitting the ring



Choose the type of ring suited to your use: comfort or large ring for rehabilitation; compression ring for intercourse.

Firmly press the ring onto the open end of the cylinder, against a hard, smooth surface (a table for instance), until you obtain an airtight seal.

5.2 Step 2 — Applying the lubricating gel

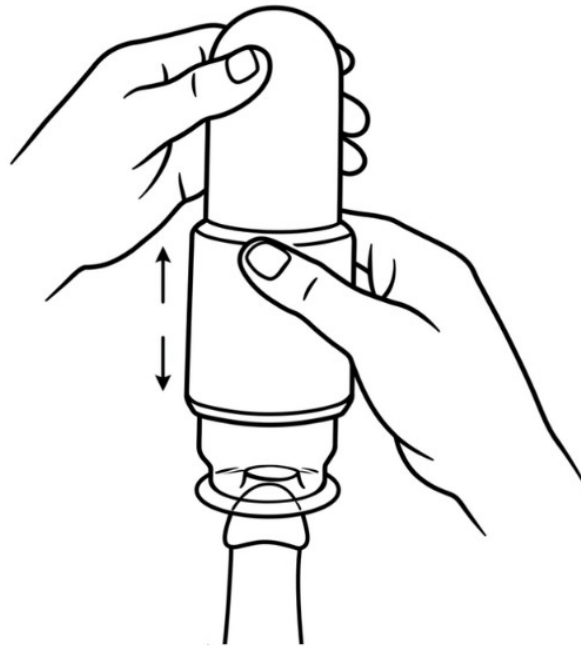


Apply a sufficient amount of water-based lubricating gel around the opening of the ring, as well as on the tip and shaft of the penis. This lubrication makes it easier for the penis to be drawn through the ring, improves comfort and prevents the skin from sticking to the inner wall of the cylinder.

Never to be used

Never use petroleum-based lubricants (petroleum jelly, mineral oils) on the rings: they cause permanent damage. Do not use the silicone oil supplied for maintenance on the rings either.

5.3 Step 3 — Position, seal and pumping



- **Position.** Stand upright for better effectiveness.
- **Seal.** Shave or clear the area around the base of the penis: hairs trapped between the ring and the skin can cause an air leak.
- **Set-up.** Place the lubricated ring and cylinder against the tip of the penis, then start pumping gradually.
- **Rhythm.** Use full, regular, controlled strokes. Wait 5 to 10 seconds between pumps. The total number varies between users, typically 10 to 25.
- **Hold.** Hold the cylinder firmly against the body to maintain the seal. If the skin sticks to the walls, gently shake the cylinder.

The time needed to achieve a satisfactory swelling varies from 30 seconds to several minutes depending on the user.

5.4 Step 4 — During the session

In rehabilitation

The cylinder must not be removed immediately. Keep it in place for the duration recommended by your doctor (as a guide, 10 to 20 minutes). You may perform small additional pumps to maintain blood flow in the erectile tissue. The goal is not a sustained rigid erection, but the regular oxygenation of the tissue throughout the session.

For sexual intercourse

Once the erection is satisfactory, gently press on the ring, just behind the cylinder, to release the air and depressurise the system. Then carefully remove the cylinder while leaving the ring in place at the base of the penis.

If rigidity is insufficient, you can resume pumping without removing the ring, provided a good seal is maintained. If the erection does not hold well enough after the cylinder is removed, try the next smaller ring size on the following use, until you find the one that provides sufficient rigidity while remaining comfortable.

5.5 Step 5 — Ending use

In rehabilitation

Gradually release the pressure to allow the penis to return to its resting state. Gently remove the cylinder, then clean the device following the maintenance recommendations (section 7).

For sexual intercourse

After intercourse, remove the compression ring to allow blood to flow back normally. Before removal, firmly compress the penis for about 10 seconds to reduce internal blood pressure and make the action easier. Grip the ring with both hands by its outer edge and remove it gently but firmly, in a single motion. Clean the cylinder, rings and accessories, then carefully dry them.

Maximum duration

Never keep the compression ring on the penis for more than 30 minutes. Never fall asleep with the ring in place.

6. Additional recommendations

6.1 Pump

Only create the vacuum needed to obtain a satisfactory erection or swelling. Excessive pumping can cause contusions, bruising or rupture of small blood vessels. Even though the device limits pressure to a safety threshold, release the pressure immediately at the slightest pain. Slight discomfort may be normal at first, but pain should not be ignored.

- Do not use the device under the influence of alcohol or drugs.
- During the first uses, do not aim for an excessively rigid erection: the penis needs time to adapt.
- A slightly bluish colouration of the penis or a more voluminous glans may occur: the ring slows the return of blood. If the colouration is significant, painful or worrying, remove the ring and seek medical advice.

Sexuality involves both partners: it may be helpful to talk to your partner in order to gradually integrate VACURECT into your intimacy.

6.2 Compression and comfort rings

- Always start with the largest ring, then try the next smaller sizes. The ring must be effective but comfortable.
- Always use the loosest ring that still maintains a satisfactory erection.
- Never keep the compression ring on for more than 30 minutes; never fall asleep with the ring in place.
- Use only water-based lubricating gel on the rings and condoms. Do not use silicone oil or petroleum-based oils on the rings.
- Compression rings are not contraceptive devices.
- Allow at least 60 minutes between two uses of a compression ring.
- With the ring, ejaculation may be less forceful, or even retrograde (semen redirected to the bladder): this phenomenon is generally not dangerous. If it bothers or worries you, seek medical advice.

7. Care of your VACURECT

VACURECT is pre-oiled at the factory. There is no need to disassemble or oil it before the first use. Maintenance must be carried out carefully to preserve proper functioning and the airtightness of the device.

7.1 Routine cleaning

- After each use, rinse the accessible parts with lukewarm water or wipe them with a damp cloth.
- Do not disassemble VACURECT for routine cleaning: cleaning the accessible surfaces is sufficient.
- Make sure the rings are always perfectly clean and well dried.
- Do not deliberately remove the silicone oil present on the sliding surfaces of the device.
- Store the device in a clean, dry place away from direct light.

7.2 Periodic lubrication

To maintain smooth operation, periodically lubricate the main sliding surfaces. Use only pure silicone oil: one to two drops are enough.

1. Locate the small holes on the pump cylinder.
2. Align one of these holes with the opening of the large O-ring.
3. Place a drop of silicone oil into the hole.
4. Spread the excess oil over the outside of the cylinder.
5. Gently slide and rotate the cylinder to distribute the oil over the seals.

Do not disassemble VACURECT for a simple lubrication. Never use unsuitable oil: an oil not designed for this purpose can make the device sticky and impair its operation.

7.3 Occasional deep cleaning

Deep cleaning with disassembly is only required in certain cases, in particular if dirt accumulates under the pump sleeve or if VACURECT no longer creates the vacuum correctly.

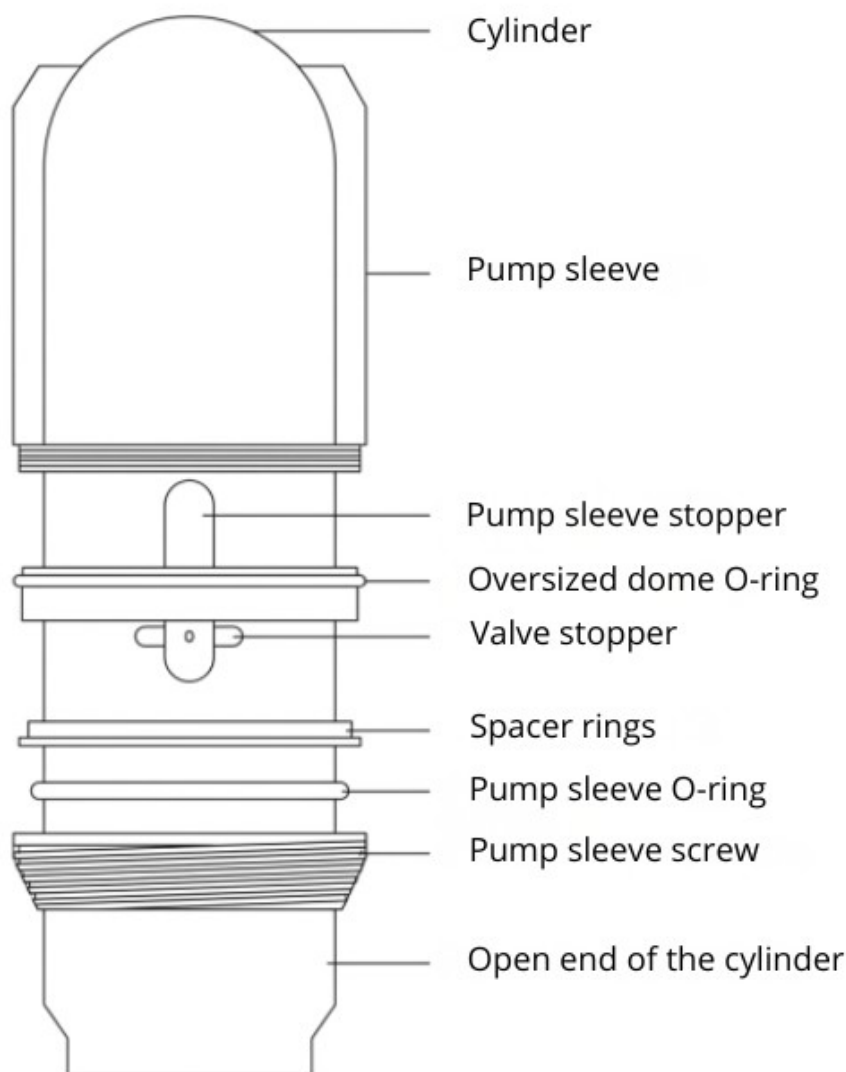
Disassemble only the parts intended for this purpose: unscrew the locking ring, then remove in succession the locking ring, the O-ring, the spacer ring, the valve, the dome, the pump sleeve and the large O-ring. Rinse each component with lukewarm water, then dry carefully before reassembly.

Before reassembly, lightly lubricate the large O-ring with a drop of pure silicone oil, place it back in its groove, then reassemble the parts without forcing.

Important

It is not necessary to disassemble the main tube assembled at the factory. Never force the central part of the device. Take care not to damage the threads, seals or sealing surfaces: any scratch can reduce the pump's effectiveness. The warranty may not apply in case of damage caused by forced or incorrect disassembly.

8. VACURECT device components



9. Common situations and recommendations

Most of the difficulties encountered during the first uses are related to learning to handle the device and resolve with practice. If a problem persists, if pain occurs or if you notice anything unusual, stop using the device and seek advice from your doctor or from Solution Urologie.

Situation encountered	Likely cause	Recommendation
The device does not slide down to the base of the penis	Insufficient lubrication, pumping too fast or incorrect initial position.	Add more water-based lubricating gel, start again more slowly, and let the suction draw the penis through the ring.
No erection or no suction	Air leak or insufficient seal	Check that the ring is correctly fitted, that the cylinder is held firmly against the body, and that no hair is compromising the seal.
Partial erection	Air leak, insufficient number of pumps, or response time too short	Check the seal, pump gradually and wait longer between pumps.
Rapid loss of erection after the cylinder is removed	Compression ring not tight enough	Try the next smaller ring size, taking care to remain comfortable.
Suction of the scrotum skin	Ring too large or excess lubricant	Use a smaller ring and wipe off the excess lubricant.
Discomfort when the foreskin is drawn in	Insufficient lubrication or too much mobile skin	Add lubricant. If necessary, reposition the foreskin before resuming pumping.
Discomfort during intercourse	Insufficient lubrication	Use more water-based lubricant.
Difficulty removing the ring	High blood pressure, anxiety or unsuitable technique	Gently but firmly compress the penis for a few seconds before removing the ring by its outer edge.
Redness, irritation or bruising	Insufficient lubrication or over-pumping	Use more lubricant, reduce the number of pumps and pump more slowly.
Cold penis or bluish colouration	Temporary slowing of blood circulation by the ring	Do not fit the ring too long before intercourse and never exceed 30 minutes. Remove it in case of pain or concern.
The penis pivots at its base	Rigidity varies between zones of the penis	This phenomenon can occur and does not necessarily prevent a satisfactory intercourse.

To test the airtightness of the device, apply the VACURECT on a smooth, airtight surface: a clear suction must be maintained. The device should also produce a distinctive sound when depressurised.

European patent no. 99909813.0

10. Need further advice

If you have any questions after reading this manual or if you encounter difficulties while using your VACURECT, you can contact Solution Urologie:

- by email at contact@solution-urologie.fr.

A trained advisor will support you, check the steps of use with you and help you get the best possible results from your device.

You can also watch the video instructions:

<https://www.solution-urologie.fr/en/how-to-use-vacuum-vacurect/>

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