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[Penile rehabilitation with vacuum erection device for erectile dysfunction after radical prostatectomy].

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OBJECTIVE: To investigate the efficacy and safety of vacuum erection device (VED) for erectile dysfunction (ED) after radical prostatectomy (RP).

METHODS: Six cases of ED after open RP were reviewed. Three of the patients started a daily rehabilitation protocol using VED 10 min/d within 3 months after RP (group A, early intervention), while the other 3 initiated the same protocol after 12 months (group B, late intervention). We compared the IIEF-5 scores as well as stretched penile lengths and mid-shaft circumferences before and after 3 and 6 months of VED rehabilitation. We also assessed the safety of the device and sexual satisfaction of the patients and their partners.

RESULTS: The mean IIEF-5 score of the six cases was remarkably increased at 3 and 6 months of VED rehabilitation ($P < 0.05$), significantly higher in group A than in B at 3 months (8.7 ± 0.6 vs 6.7 ± 0.6 , $P < 0.05$) and 6 months (13.0 ± 1.0 vs 8.3 ± 1.5 , $P < 0.05$). After 6 months of VED rehabilitation, there were no significant changes in stretched penile length or mid-shaft circumference in group A, both significantly decreased in group B ($P < 0.05$), and sexual satisfaction of the patients and their partners were 83.3% and 50%, respectively. No serious adverse events were observed except mild complaint of penile skin darkening in 1 case and numb feeling during the intercourse in 2.

CONCLUSION: Early use of VED after RP improves erectile function and helps to preserve the length and mid-shaft circumference of the penis.

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