

Inconsistent results? Try these 10 tweaks to your technique!

- Use more water-based lubricant on the opening of the VED than you think you need to. This will help create a tighter seal.
- Leave a deep breaths worth of time between each 'pump'. This avoids pain or discomfort and gives blood time to enter the penis = better results.
- Trim or shave your pubic hair (yes, really!). This can help create a better seal between the device and the body (ie. no air can escape).
- Look sideways in a mirror as you pump. You'll see progress better than looking down.
- If the cylinder fogs up, shake the penis against the cylinder (make sure there is water-based lubricant on the penis so it does not stick to the side). Need more lube? I recommend [this particular lubricant](#) for creating a good seal. One of my clients discovered this lubricant and loves it because it's low cost and didn't cloud up the cylinder in the same way some others he tried.
- Experiment with standing vs reclining in a chair when pumping. One position may be more effective than the other.
- Try self-stimulating/masturbating first, and then pumping. Most men report that feeling aroused beforehand leads to better physical pumping results. (of course though, you do not need to be aroused first, and you don't want 'masturbation' to become 'MUSTurbation'! Enjoy some self-pleasure if you are in an unrushed state where you can enjoy the experience).
- Relax and de-stress pre-pumping. Try these exercises. Clench and unclench different muscle groups. Imagine your brain unclenching like a fist. Breathe deeply into your belly. Remember, stress is a physiological 'cock blocker'.
- Experiment with using the pump during or after a shower to see if this makes a difference. Vasodilation from the warm water facilitates blood flow.
- *Medical disclaimer : please talk to your doctor before trying this.* If your doctor recommends you to do so, using a PDE5 inhibitor (viagra or cialis) can improve pumping outcome for some men.

Getting pump frustrations?! Very normal, keep these three facts in mind.

- You've got to nail the technique, and every VED has a teething period. It's like learning a golf swing, or learning to ride a bike. Studies show it can take at least **4-8 Separate Attempts!** Remember though, once you've got it, it's yours for life. It is worth persevering. It will soon be an effortless 5-10 minute ritual. Keep coming back to why you are doing this - you are preserving tissue health, avoiding shrinkage, and regaining any length and girth lost while your nerves recover.
- At first, your erection in the cylinder may only get to a 'half mast'. Or it may feel uncomfortable and strange. This is very normal. It will change over time with practice. This is a new piece of 'gym equipment' and your body is adjusting. Play with the technique (use the steps above), take your time, and make sure no air is escaping from the opening.
- **MOST IMPORTANT:** When you take the cylinder off the opening, you will not keep the erection **UNLESS** the opening is tight enough for your body. It will take experimentation to find the right sized opening for your body to keep the erection up after the cylinder is removed. It needs to be tighter than you first expect to stop blood escaping.

Contact me if you have any questions or concerns
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