



penomet user guide



This very simple User Guide is intended for all Penomet customers who have purchased through Penomet.com or an approved Penomet distributor. If you have any underlying medical conditions or experience unwanted side effects, discontinue use and consult your doctor prior to recommencing usage.

Overview

Congratulations – You own a Penomet!

Whether you are looking to increase the length and girth of your penis, cure your symptoms of erectile dysfunction or overcome occurrences of premature ejaculation, Penomet is the ultimate penis pump solution that will help you achieve a stronger, healthier member and much, much more.

Why Penomet?

Unlike other penis pumps on the market, Penomet offers a far superior build quality and pumping experience when compared to any other competitor product.

Its unique, patented swappable gaiter system allows users to gradually and safely increase the vacuum intensity of sessions, allowing the user to safely build up stamina and endurance.

Quality Guaranteed

Boasting certification as a RoHS Class 1 Product whilst also sporting the CE mark of EU manufacturing compliance, Penomet is sold in more than 100 countries across the globe.

Made from premium medical grade materials, Penomet has been designed and manufactured for optimal comfort and long-term, daily use. We know that Penomet works and that your device will stand the test of time – why else would we offer a 3 year warranty on all of our cylinders and gaiters?



View the usage of Penomet as a marathon, not a sprint. Whatever you want to achieve, the best results will occur through regular prolonged usage. Those looking to attain a permanent increase in length and girth feasibly need to use the device 5 times a week, up to 20 minutes per session for 3-6 months minimum.

Cylinder: Explained

The Penomet cylinder is made from high quality polycarbonate plastic (the toughest plastic ever made by man and virtually unbreakable) whilst featuring a precise measurement scale (in inches and centimetres) imprinted directly into the plastic.

The release valve (located at the end of the cylinder) consists of a Safety Release Pin which, combined with the floating valve, controls the amount of pressure held within the vacuum tube and prevents pressure from exceeding the recommended safety limit.

If using the pump as recommended (with water) when pumping, water will be expelled via the release valve to accommodate the increase in pressure and the increase in penile length and girth.

When using the Penomet in the shower, you may find it necessary to hold your finger on the release valve to deter water drainage prior to a vacuum being achieved.









When using the release valve at the end of a session, release pressure gradually over the course of 5-10 minutes. If you depressurise and remove the device too quickly, this can result in bruising which will gradually subside but may mean you need to take a couple of rest days to recover.

Gaiters: Explained

Your Penomet purchase will include one or more pump gaiters. Each gaiter has a different strength – the higher the strength, the more suction and pressure is generated; however the stronger the gaiter, the more difficult it becomes to pump (especially for those who are inexperienced at using a premium penis pump).

It is the interchangeable gaiters that make Penomet so unique – unlike other penis pumps on the market, you can vary the exercises that you undertake in much the same way that a bodybuilder would use a variety of different weights to gradually attain perfect muscle mass.

- | | |
|---|---|
|  Force 60 - Purple |  Force 75 – Grey |
|  Force 65 - Blue |  Force 80 – Red |
|  Force 70 – Black |  Force 85 - Green |

To assemble your Penomet, align the edge of the chosen gaiter to the base of the cylinder, insert fingers into gaiter and push the pliable silicon outwards over the edge of the cylinder rotating as you go. To remove a gaiter squeeze and pull – simple!



Using the strongest, highest pressure gaiter does not automatically mean faster results. You should always start with the lowest grade gaiter and gradually, over time introduce the higher strength gaiters. Our Digital Exercise Guide (available online) details numerous recommended pumping sets to achieve the best results.

Usage: In the Shower

1. Shower with warm water for approximately 5 minutes
2. For best results achieve an erection strength of 80-90%
3. Fill device with warm water
4. If required, hold release valve with finger to stop water drainage
5. At a slightly downward angle, insert penis into Penomet cylinder
6. Gently and slowly begin to pump – allow excess water to escape via the release valve
7. After pumping a few times, suction should be achieved
8. Repeat pumping as necessary every 2-5 minutes
9. If pressure is too great, swipe finger over safety release pin
10. To remove device, use the safety release pin



Before you use your Penomet its important to warm up. At the very least you should relax in the shower or bath using warm water for a minimum of 5 minutes. This time allows your body to relax, causing your scrotum to loosen and hence reducing the risk of your testicles entering the device during pumping.

Usage: In the Bath

The bath is quite simply the most relaxing and comfortable place to use your Penomet – simply pump, lay back and enjoy!

1. Sit in warm water for approximately 5 minutes
2. For best results achieve an erection strength of 80-90%
3. Submerge the device fully, filling with water
4. At a slightly downward angle, insert penis into Penomet cylinder
5. Gently and slowly begin to pump – allow excess water to escape via the release valve
6. After pumping a few times, suction should be achieved
7. Relax and repeat pumping as necessary every 2-5 minutes
8. If pressure is too great, swipe finger over safety release pin
9. To remove device, use the safety release pin



Whether used in the bath, shower or as an air vacuum pump, if this is your first step into the world of penis enhancement and enlargement, we'd recommend 10 minutes usage per day during week 1, 15 minutes usage per day during week 2 and 3, followed by 20 minutes usage per day in the weeks and months that follow.

Usage: As an Air Pump

Although the best results come from using Penomet with water, you can use the device as an air pump allowing more flexibility concerning the convenience of where the device can be used.

1. Warm up by wrapping a warm, wet towel around your penis and refresh as required over the course of 5 minutes
2. Apply a small amount of non-silicone based lubricant to the base of the device and around your pelvis area
3. For best results achieve an erection strength of 80-90%
4. At a slightly downward angle, insert penis into Penomet cylinder
5. Slowly begin to pump – as there is no water to aid support of your penis, be very gentle as bruising is more likely to occur
6. After pumping a few times, suction should be achieved
7. Relax and repeat pumping as necessary every 2-5 minutes
8. If pressure is too great, swipe finger over safety release pin
9. To remove device, use the safety release pin



Struggling to gain suction between the base of the gaiter and your skin? Apply a little Vaseline around the bottom of the gaiter and ensure you have as little pubic hair as possible. The addition of the Vaseline will allow easier positioning of the device and improve the ability to create a perfect vacuum seal.

Beyond the Basics

For those of you looking to resolve your erectile dysfunction or premature ejaculation, a 15-20 minute session, 3-5 times a week should suffice, depending on the severity of your condition.

If however, you are serious about permanent gains, you'll want to take your sessions to the next level and go beyond the basics.

Warm up fully

Whether you're using a warm towel or the preferred warm water approach, warming up properly has been proven to vastly improve the timescales needed to achieve both temporary and permanent gains.

Where possible, you should warm up before every session and ideally for a minimum of 5 minutes. The longer you warm up, the better your blood circulation and the better your end results!

Stretching & Jelqing

Both forms of penile exercise are undertaken in a flaccid state - stretching involves (as the name suggests) stretching the penis at varying angles to encourage flexibility, whilst jelqing incorporates more of a milking action to more progressively aid and encourage gains in length and girth.

Check out our Digital Exercise Guide (which will have been emailed to you) as this details some of the most effective routines that combine stretching, jelqing and your Penomet device. As with any penile session, always warm up for best results and comfort!



If you find using Penomet is uncomfortable whilst you are erect, the device can still be used in a flaccid state however the speed at which long term, permanent gains will be achieved will be slower. If you are a beginner, start by using Penomet in a flaccid or semi-erect state until you are comfortable with the operation of the unit.

Alternate Gaiters

Using the strongest gaiter for the maximum amount of time possible is not the best approach especially if you are looking to achieve gains in length and girth.

By using different gaiters that produce varied levels of pressure, the Penomet system allows you to undertake a more varied training routine, strengthening your penile tissue, increasing blood flow and ultimately helping you to achieve gains faster when compared to any other pump on the planet!

Whether your focus is on gains in length, girth, or both, our Exercise Guide details how best to alternate the use of gaiters for the best possible results.

Watching Porn

Although this is more aimed at those looking to resolve their symptoms of impotence, reducing the amount of porn you watch can have a substantially positive effect on your erection strength and arousal levels.

Pornography and frequent masturbation trains your brain and body to respond sexually only to very specific types of visual and tactile stimuli – put simply, your hand and the images on your computer screen become your sexual triggers.

By phasing out or at the very least reducing your consumption of adult material – especially for those going through a long stretch without sex – you will find it easier to attain an erection when the time comes to have sex and your erection strength will be far greater.



Want to give your penis an added boost? Supplements such as zinc, vitamin B12, L-arginine, vitamin D, vitamin C and horny goat weed (amongst others) can increase testosterone production, improve blood flow and even raise your sperm production.

Cleaning & Aftercare

After using your Penomet, it is important to clean your device – not only will this maintain the durability of your pump, but it also promotes long term penile health.

Cylinder & Gaiters

For best results clean your Penomet cylinder and gaiters by hand using warm soapy water whilst if you prefer, the cylinder can also be placed in your dishwasher.

For even better cleaning results and to further reduce the buildup of bacteria, an alcohol-free toy cleaner, especially those that contain Triclosan (an antibacterial and antifungal agent) are great for keeping your Penomet device in perfect condition.

Penile Aftercare

After using your Penomet, it is recommended that you undertake some form of penile rejuvenation to maximise penile health and keep your skin in the best possible condition.

Having completed a session, ensure your pelvic area is dry and then liberally apply a good quality moisturiser or cocoa butter.

This will help reduce the occurrence of bruising, stretchmarks, dry skin and any itchiness or redness which may occur and can subsequently lead to discomfort.



Penomet is made from the highest grade materials. We are so confident about the quality and durability of our penile pump device, that the cylinder and gaiter come with a 3 year warranty giving you total peace of mind and confidence knowing you have invested in a reliable and dependable product.

Important: Be Realistic

Try and be like Clive the tortoise

Clive knows that if he hurries or goes too fast, he's going to hurt himself. He knows that to get to where he needs to go takes endurance, patience, stamina and above all else dedication.

Whatever your reasons for choosing Penomet, remember that you are not going to achieve your goals overnight but with patience and determination you can improve your penile health and achieve the results you desire.

As you continue to regularly use Penomet over the weeks, months and (if you so wish) years, any symptoms of erectile dysfunction and premature ejaculation will subside, you will start seeing temporary gains in penile size and eventually, if you persist with a regular routine of daily usage you will be able to realistically achieve permanent gains.

So... be like Clive and take your time!



Keep an eye on your email inbox – we regularly send out tips and suggestions on how to get the most out of your Penomet device. We will also occasionally send you exclusive offers so that you can purchase our accessories and upgrades at a discounted rate. If you don't want to hear from us, you can simply unsubscribe.

Precautions & Safety

Warnings

Do not use Penomet if you have had any kind of penile surgery, or surgery around your pelvis area. Penomet should not be used if you suffer from any ailments or are taking large quantities of aspirin or blood thinners, as these conditions increase the risk of bruising.

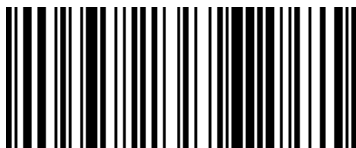
You should consult a doctor before using Penomet if you suffer from any of the following: heart or lung disease, high blood pressure, stroke, epilepsy, urinary disorder (e.g. kidney, bladder, or genital problems), reduced genital sensation, uncontrolled diabetes, sickle cell anaemia, bleeding disorders, leukaemia or if you take anti-coagulants.

Disclaimer

This unit is covered by the Manufacturers Limited Warranty and does not include self-made damage but only manufacturing flaws that can be directly linked to a faulty unit. Penomet does not cover cracks in the plastic or holes in the silicon rubber part of the pump unless the company has inspected the unit.

Transportation charges for returning the unit under Warranty are determined after the unit has been examined. If a flaw or manufacturing defect is found, a cheque or transfer of funds will take place when the fixed unit is returned to the customer.

For further information relating to returns, refunds and replacements, please refer to our Terms & Conditions which can be found on the official Penomet.com website.



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