

ENLARGEMENT PROTOCOL

Protocol	Duration	Example
Sexual Activity	Avoid for 2 weeks	Sexual intercourse, Masterbation, Rigorous Movements
Gentle Massage (After Day 3)	Twice daily, morning and night, for 10 minutes each	Gently hold the penis and gradually massage to evenly distribute the filler, using a slow stroking motion.
Physical Activity	Avoid for 3 days	Running, Fitness, Sports
Heat Exposure	Avoid for 2 weeks	Sauna, Steam room, Sunbathing
Alcohol Consumption	Avoid for 2 days	Hard Liquor, Beer, Wine
Smoking	Avoid for 2 weeks	Cigarettes, Cannabis, E-Cigarettes
Hydration	At least 2 liters a day	Water
Monitor for Complications	Always; any concerns to contact Dr Chai	Monitor results every 2 days