

## Using RestoreX

### ***PathRight Medical recommends the following:***

- Always use RestoreX when the penis is flaccid (not erect).
- Watch the quick start video prior to reading the remainder of this manual. The video provides a helpful overview of the use of RestoreX.
- Carefully review the treatment time chart on page 18. Following the chart will help you successfully use the RestoreX device.
- You may use the RestoreX device while sitting, standing or lying down. PathRight Medical recommends the sitting or lying down positions.
- During treatment you may wear a pair of athletic shorts or light pair of sweat pants.
- Use RestoreX every day as directed. Missing a few days may reduce results.
- At a minimum make sure the white bands are not visible. If you can tolerate more tension, advance the extension rods one more notch.

## Step 1 - Secure the Flaccid Penis in the Clamp

### Opening the Clamp

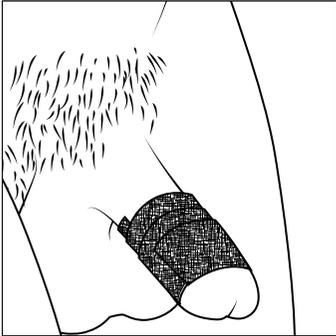


Figure A

To improve comfort, use the supplied self-adherent wrap (Figure A) by gently wrapping it two or more times around your flaccid penis. Overlap the wrap as you go around the penis. **Do not overtighten.** If worn too tightly, the wrap can restrict blood supply to the penis. In some cases, use of the wrap may require adjustment of the clamp height **Part 2** (pg. 9).

**Note:** Use wrap prior to expiration date.

**Note:** Some men find that the wrap may stick to the skin and can be uncomfortable to remove. Remove slowly! An under-layer of gauze, pre-wrap, or tissue (toilet paper) may reduce discomfort and avoid unwanted sticking to the skin.

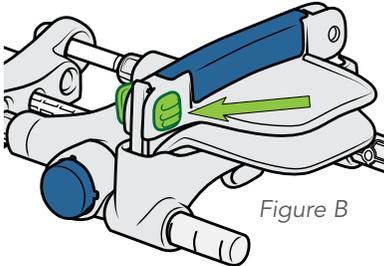


Figure B

**First**, open the clamp by pushing the clamp lock towards the pelvic ring (Figure B). This is the open position.

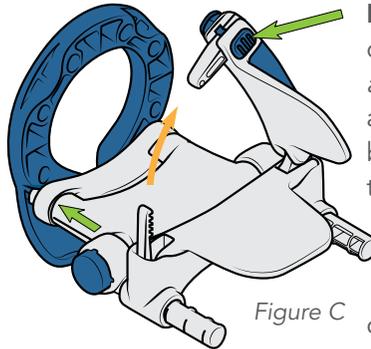


Figure C

**Next**, open the clamp (yellow arrow, Figure C) and push the main body of RestoreX toward the pelvic ring so RestoreX is locked in its shortest configuration. Now put RestoreX on.

## Step 1 - Secure the Flaccid Penis in the Clamp (Cont.)

### Positioning the Device and Closing the Clamp

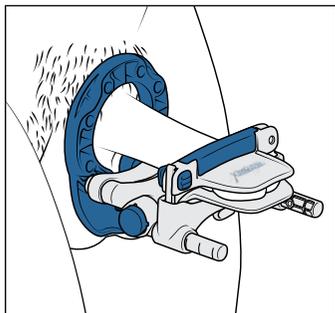


Figure D

**Note:** DO NOT clamp the shaft of the penis or any area behind the glans (head) of the penis.

**Note:** If the clamp lock is in the open position you will not hear any clicks and will have to push the lock closed when you reach the desired location (Figure E).

To put RestoREX on, insert your penis through the pelvic ring. While holding the pelvic ring against your body, place the head of your penis into the open clamp. In this position slowly close and secure the clamp (Figure D) closing to the number of clicks achieved in **Part 2** (pg. 9) or until it is as tight as can be comfortably worn for 30 minutes. Push the clamp lock all the way closed (Figure E) to ensure the proper long-term functioning of the lock.

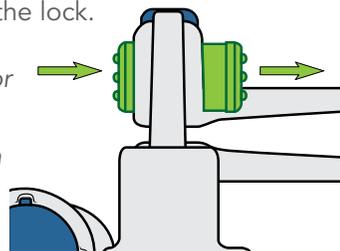


Figure E

**Note:** If during the clamping process or treatment session you experience pain or numbness in the penis, open the clamp, reposition the penis and continue the treatment. If pain persists, see Warnings and Precautions (pg. 19), stop the treatment session and contact either your physician or RestoREX customer service at **1-877-228-5147**.

**Note:** If, during the treatment session the RestoREX device changes position, reduce tension, reposition and re-tension.

## Step 2 - Extend and Add Tension

With the penis secure in the clamp, you are ready to add traction.

First, locate the white bands on the tension rods. The goal in extending the RestoreX device and adding tension is to have the white bands “disappear” into RestoreX. When the white bands are no longer visible, you’ve achieved the minimum amount of tension.

Users of the RestoreX device use two different methods to extend the device and add tension. Practice with both to discover which is best for you.

The **first method** is to release the tension rods and then advance RestoreX along the extension rods until the white bands are no longer visible. (*Figures F & G, pg. 16*)

The **second method** is preferred by some users, particularly men that have difficulty with the head of their penis slipping out of the clamp. First, advance the RestoreX device on the extension rods (*Figure G*) until the penis is nearly fully stretched. Next, **carefully and slowly** release the lock on the tension rods (*Figure F*) allowing them to fully stretch the penis and achieve tension.

### **Method 1**

- Unlock the tension mechanism (springs) by pulling RestoreX back toward your body.
- Slowly and with control allow the springs to release and expand (the lock operates like a ball point pen) (*Figure F, pg. 16*).
- While holding the pelvic ring against your body, advance the RestoreX device on the extension rods, one notch at a time until the tissue pulls back enough that the white bands are no longer visible (*Figure G, pg. 16*).

## **Method 2**

- With the tension rods still locked, advance RestoreX on the extension rods until the penis is nearly fully stretched (*Figure G, pg. 16*).
- Slowly and very carefully, unlock the tension rods by first pulling back toward your body and then releasing, much like a ball point pen. Do not release abruptly! Release slowly and under control (*Figure F, pg. 16*).
- Next, if the white bands are still visible, relock the tension rods by pulling back toward your body until they relock. Now, while holding the pelvic ring against your body, advance RestoreX an additional notch on the extension rods. Again, release the tension rods by pulling back toward your body and then releasing slowly and under control. Repeat this process until the white bands are no longer visible.

### ***The following notes apply to both Methods 1 and 2***

**Note:** *If at anytime you feel pain, excessive pressure, or pinching, reduce tension by pulling the main body of RestoreX back on the tension rods and lock into place. Reposition the base ring against the body and re-apply traction to assure the penis is firmly secured but still comfortable enough to be worn for 30 minutes.*

**Note:** *It is important during treatment that the penile skin is rather loose. If the penile skin is overly tight, it could result in discomfort and reduced results. To prevent this, gently encourage more of the penile skin and skin in the pubic area through the pelvic ring or slightly adjust the location of the pelvic ring from time to time to assure that the deeper penile tissues are being stretched.*

## Step 2 - Extend and Add Tension (Cont.)

Figure F

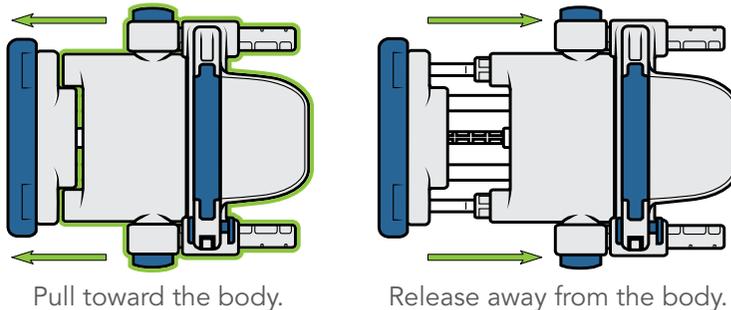
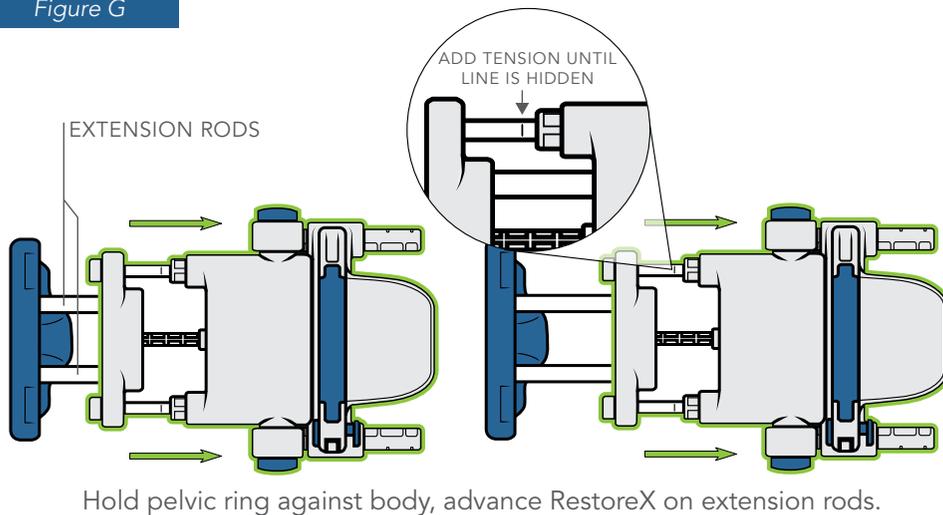
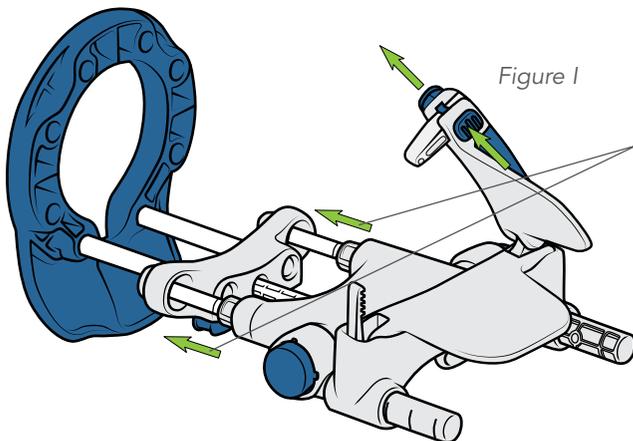


Figure G

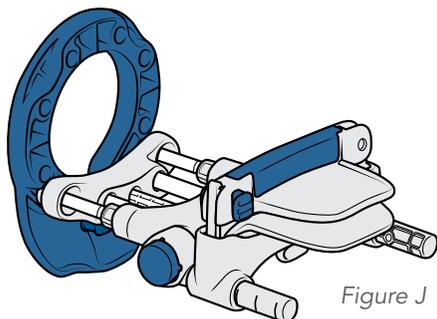


## Removing RestoreX

To remove RestoreX, slowly and gently release the clamp by pushing the clamp locking button toward you (*Figure I*), slowly and gently open the clamp and remove the device.



If it is difficult to release the clamp, move the main body along the tension rods toward the pelvic ring and lock into place. Now, open the clamp and remove the device.



Store the RestoreX device in the unlocked position (springs extended) until the next use (*Figure J*). If used, remove the self-adherent wrap.

## Recommended Treatment Times

Calendar	Time: Straight Position	Treatments per Day	Total Therapy Time per Day
<b>Days 1 and 2</b>	10 minutes	3	3 treatments x 10 min = 30 mins
<b>Days 3-7</b>	15 minutes	3	3 treatments x 15 min = 45 mins
<b>Weeks 2-12</b> <i>or Per Your Doctor's Recommendation</i>	30 minutes	2	2 treatments x 30 min = 60 mins
Calendar	Time: Straight Position	Treatments per Week	Total Therapy Time per Week
<i>To Maintain Results</i> <b>Weeks 13-52</b>	30 minutes	1 or 2	30-60 min

After 12 weeks you may continue to use RestoreX 30 minutes twice daily until you stop identifying improvements. Once you have achieved a satisfactory result, utilize RestoreX 30 minutes once or twice weekly to maintain the improvements.