

Vacuum Erection Device (VED)

WARWIKI

Patient Information · A non-drug device that draws blood in to create an erection

A vacuum erection device (VED), or “penis pump,” produces an erection without medicine by using gentle suction to **draw blood into the penis**, then holding it there with a soft ring at the base. It is used to treat erectile dysfunction and to help with **penile rehabilitation** after prostate surgery. It is safe, reusable, and a good option for many men.

How It Works

You place a plastic cylinder over the penis and pump out the air. The resulting vacuum pulls blood in and creates an erection. You then slide a **constriction (tension) ring** onto the base to hold the blood in place, remove the cylinder, and the erection lasts for intercourse.

Who It's For

- Men who prefer a **non-drug** option, or who can't take ED pills
- **Penile rehabilitation** after prostate surgery (to keep tissue healthy)
- It can be combined with other ED treatments

LEARN THE TERMS

VED

Vacuum erection device — a pump that creates an erection with suction.

Cylinder

The tube placed over the penis to create the vacuum.

Constriction (tension) ring

The soft ring placed at the base to hold the erection.

Penile rehabilitation

Keeping penile tissue healthy, e.g., after prostate surgery.

Erectile dysfunction (ED)

Trouble getting or keeping an erection firm enough for sex.

THE ONE TIMING RULE Never leave the constriction ring on for **more than 30 minutes**. Leaving it on too long cuts off blood flow and can injure the penis. Remove the ring right after intercourse, and never fall asleep with it on.

How to Use It

- 1 Apply water-based lubricant; place the cylinder snugly against the body.
- 2 Pump slowly to build the vacuum until you have an erection (stop if it hurts).
- 3 Slide the **tension ring** onto the base, then release the vacuum and remove the cylinder.
- 4 **Remove the ring within 30 minutes**, and after intercourse.

Good to Know

- The erection may feel **cooler** and can pivot at the base — this is normal.
- Ejaculation may be trapped by the ring (released when you remove it) — harmless.
- For rehabilitation, your team may have you pump **without** the ring on a schedule.

Use caution / call your team if you:

- Take strong **blood thinners** or have a bleeding disorder, or have **sickle cell disease** — check first
- Develop **pain, numbness, dark color, or skin injury**
- Left the ring on too long, or have lasting bruising/swelling

Common Effects

- Mild bruising, temporary numbness, or a “trapped” sensation
- It takes a little practice to get a reliable result

THREE THINGS TO REMEMBER

1. A VED creates an erection with suction and holds it with a base ring — a safe, reusable, non-drug option (also used for penile rehab).
2. **Never leave the ring on more than 30 minutes**, and never sleep with it on.
3. Expect a cooler erection and some practice. Check with your team first if you take blood thinners or have sickle cell disease.