



PENILE RELAXATION THERAPY

XPAND *FLOW*TM

Targeted Botox injections that relax penile smooth muscle, reduce retraction, and support sexual function. No surgery. No downtime. Results in days.

WHAT XPAND FLOW IS

XPand Flow uses targeted Botox® (botulinum toxin) injections to relax the smooth muscle inside the penis. The goal is to reduce the muscle tone that causes retraction, restricts blood flow, and contributes to early climax.

It's non-surgical, done in-office, and takes 15 to 30 minutes. It doesn't change your anatomy. It doesn't make the penis permanently bigger. What it does is shift muscle tone, which changes how the penis sits at rest and how it responds when you're aroused. Men who get this procedure consistently describe feeling more comfortable and more confident, in and out of the bedroom.

WHAT IT ISN'T: XPand Flow is not a girth procedure, not a length procedure, and not FDA-approved for erectile dysfunction. For girth, ask about XPand Volume™ (penile filler). For ED, XPand Flow is an add-on, not a primary treatment.

WHAT IT MAY HELP WITH

Based on clinical use and patient outcomes, effects include:

- **Fuller flaccid appearance.** When smooth muscle relaxes, tissue rests in a longer, looser state.
- **Less retraction (turtling).** Cold, stress, and tight muscle pull the penis inward. Relaxed tone reduces that reflex.
- **Improved blood flow during arousal.** Lower muscle tone means less resistance for arterial inflow, which patients commonly report as firmer, more reliable erections.
- **Better results from existing ED treatments.** When paired with Viagra®, Cialis®, PRP, or TRT, XPand Flow may help those treatments work more effectively.
- **May help with premature ejaculation.** Less muscle tension and reduced hypersensitivity may extend time to climax.

Individual results vary. The effect depends on your anatomy, your baseline muscle tone, and what's driving the symptoms.

WHO IT'S FOR

You may be a candidate if you:

- ✓ Want a fuller, more relaxed flaccid appearance
- ✓ Frustrated by retraction or tightness that affects how you feel day to day
- ✓ Want a non-surgical option before considering filler or surgery
- ✓ Looking to get better results from current ED treatments
- ✓ Are already considering XPand Restore™ (PRP) or XPand Volume™ (filler)

NOT A CANDIDATE IF: you have an active infection in the area or a known sensitivity to botulinum toxin. If either applies, your provider will recommend the right path at consultation.

WHAT TO EXPECT

STEP 01

CONSULT

Your provider reviews your goals, anatomy, and history, then determines if XPand Flow alone or a combination is the right call.

STEP 02

TREATMENT

15 to 30 minutes in-office. Topical numbing, cooling, and fine needles. Most patients report minimal discomfort.

STEP 03

RECOVERY

Back to normal activity the same day. Avoid sex, hard workouts, and pressure to the area for 48 hours.

ONSET: Most men notice changes within 3 to 5 days. Full effect usually lands around 2 weeks.

DURATION: 3 to 4 months on the first round. With repeat treatments, many patients see effects lasting 4 to 6 months or longer.

FAQS

1. DOES XPAND FLOW MAKE THE PENIS BIGGER?

No, not permanently. It can give you a fuller, longer flaccid appearance by relaxing the smooth muscle that causes retraction. The penis isn't growing. It's just resting in a more relaxed state. If permanent girth is the goal, ask about XPand Volume™ (penile filler).

2. CAN IT IMPROVE MY ERECTIONS?

It may support erectile function, but it's **not** FDA-approved as an ED treatment. Published case studies suggest that relaxing penile smooth muscle can improve blood flow during arousal. We use it as an add-on alongside Viagra®, Cialis®, PRP, or TRT to help those treatments work better, not as a standalone fix.

3. WILL IT HELP WITH PREMATURE EJACULATION?

For some men, yes. Lower hypersensitivity and less muscle tension may extend time to climax. Results depend on what's actually causing the PE. If it's mostly psychological or hormonal, XPand Flow alone won't fix it. Your provider will sort that out during consultation.

4. WHERE EXACTLY IS THE BOTOX INJECTED?

Injection sites depend on your anatomy and your goals. Your provider targets the smooth muscle structures involved in relaxation and tone. The plan is built for you at consultation, not from a template.

5. IS IT PAINFUL?

Most patients report minimal discomfort. We use topical numbing cream, cooling, and fine-gauge needles. The full treatment runs 15 to 30 minutes and is done in-office.

6. HOW LONG DOES IT LAST AND WHEN WILL I SEE RESULTS?

Most patients notice initial changes in 3 to 5 days, with full effect around 2 weeks. Duration is typically 3 to 4 months on the first round and extends with repeat treatments. Your provider will recommend a maintenance schedule based on how you respond.

7. IS THERE DOWNTIME?

Minimal. Most patients are back to normal the same day. For 48 hours after treatment, avoid sex, hard workouts, and direct pressure to the area. After that, no restrictions.

8. IS IT SAFE?

When done by an experienced provider, XPand Flow is well tolerated. Possible side effects include mild swelling, bruising, temporary tenderness, and rarely, changes in sensitivity or function. A consultation is required to confirm candidacy and rule out anything that would make this the wrong call.

9. HOW MUCH DOES IT COST?

Pricing depends on dose, your goals, and whether XPand Flow is combined with PRP, filler, or other XPand procedures. We quote pricing at consultation once we've reviewed what you actually need.

THE XPAND PROTOCOL™

A comprehensive approach to male enhancement focused on size, aesthetics, confidence, and performance.

PROCEDURE	WHAT IT DOES
XPAND VOLUME™	Dermal filler for girth. The primary procedure for permanent size enhancement.
XPAND SMOOTH™	Scrotal Botox for a smoother, more relaxed appearance.
XPAND RESTORE™	PRP therapy for sexual wellness, circulation, and sensitivity.
XPAND OPTIMIZE™	Testosterone replacement therapy for energy, drive, and hormonal balance.

Whether you're focused on enhancement, aesthetics, or performance, **The XPand Protocol** allows treatments to be customized to your goals. Ask our team about combination pricing for multiple procedures.

NEXT STEPS

The only way to know if XPand Flow is the right call is a consultation. We'll review your goals, anatomy, and history, then tell you straight: whether this procedure fits, whether a different XPand protocol is the better move, or whether you don't need it at all. Consultations are private, typically run 15 to 20 minutes, and carry no obligation.



YOUR PROVIDER

Marc Adajar, MD

Board-Certified Surgeon

Certified in Male Enhancement, Peptide & TRT

BOOK YOUR CONSULTATION

Call or Text: 833-972-8578

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xsulpt.com

Confidential. No obligation. No pressure.

FINANCING AVAILABLE

Cherry, CareCredit, and Alphaeon Credit accepted. Ask your coordinator for current terms.

IMPORTANT MEDICAL INFORMATION

Botox® (botulinum toxin) is FDA-approved for specific medical and cosmetic indications. The use of botulinum toxin for penile relaxation therapy, erectile function support, or premature ejaculation is considered off-label. Off-label use is legal and common in medical practice when a licensed physician determines it is appropriate for a specific patient, but it has not been evaluated by the FDA for these uses. Individual results vary based on anatomy, baseline function, and post-treatment care. Treatment requires written informed consent and a personal consultation. This guide is for patient education only and does not constitute medical advice or a guarantee of outcome. Botox® is a registered trademark of Allergan, Inc.