



PENILE REGENERATIVE THERAPY

XPAND RESTORE™

PRP therapy that uses your body's own growth factors to improve blood flow, tissue health, sensation, and sexual performance. Non-surgical. Minimal downtime. Nothing synthetic goes into your body.

WHAT XPAND RESTORE IS

XPand Restore uses platelet-rich plasma (PRP) from your own blood. A small blood draw is processed to concentrate your body's natural growth factors, then injected into the penis. Those growth factors trigger healing, improve blood flow, and support tissue repair where it matters.

It's non-surgical, done in-office, and takes 45 to 60 minutes. Nothing synthetic goes into your body. You may have heard of this referred to as the "P-Shot." XPand Restore is XSculpt's customized approach, and our certification for this procedure comes directly from Dr. Charles Runels, the inventor of the P-Shot.

WHAT IT ISN'T: XPand Restore is not a size-enhancement treatment. The goal is improving function, tissue health, blood flow, and sexual performance. For girth enhancement, ask about XPand Volume™ (dermal filler). PRP is commonly combined with filler for men who want both.

WHAT IT MAY HELP WITH

Based on clinical use and patient outcomes, effects include:

- **Firmer, more reliable erections.** Growth factors support blood vessel health, which means better blood flow when you're aroused.
- **Better circulation to the area.** PRP promotes new blood vessel formation and tissue repair, so blood moves more efficiently through penile tissue.

- **More sensitivity and sensation.** Tissue repair may improve nerve responsiveness, meaning things actually feel better.
- **Support for mild ED.** PRP may improve the underlying tissue health and blood flow that contribute to erectile dysfunction symptoms.
- **Healthier tissue overall.** Growth factors promote cellular repair and remodeling, which can reverse some of the decline that comes with age.
- **Better sexual performance.** Improved circulation and tissue quality add up to better function in the bedroom.
- **Support for Peyronie's disease.** PRP may help soften scar tissue and improve flexibility in men with penile curvature.

Individual results vary. The effect depends on your age, health, circulation, hormone levels, and treatment goals.

WHO IT'S FOR

You may be a candidate if you:

- ✓ Want firmer erections and better performance
- ✓ Dealing with mild erectile dysfunction
- ✓ Want more sensitivity and sensation during sex
- ✓ Noticing that things aren't working the way they used to
- ✓ Recovering from filler or another XPand procedure and want to accelerate healing
- ✓ Want a natural approach that uses your own blood, not synthetic materials

NOT A CANDIDATE IF: you have active blood disorders, platelet dysfunction, or medical conditions that affect healing. Your provider will confirm candidacy at consultation.

WHAT TO EXPECT

STEP 01

CONSULT

Your provider reviews your goals, health history, and what's going on sexually, then determines if XPand Restore alone or a combination is the right call.

STEP 02

TREATMENT

45 to 60 minutes total. Includes blood draw, PRP processing, numbing, and injection. Most patients report minimal discomfort.

STEP 03

RECOVERY

Back to normal activity the same day. You can resume sexual activity right away. Temporary swelling, bruising, or tenderness may occur and typically resolves within a few days.

ONSET: Some men notice improvements within 2 to 4 weeks. The full effect builds over 2 to 3 months as tissue repair and new blood vessel growth continue.

DURATION: Results vary by individual. Many patients choose maintenance treatments every 6 to 12 months to keep the benefits going.

FAQS

1. HOW DOES XPAND RESTORE WORK?

We draw a small amount of your blood and process it to concentrate the platelets and growth factors. That concentrated PRP is injected into the penis. The growth factors kick-start healing, tissue repair, and blood vessel growth. Because it comes from your own blood, allergic reactions are extremely rare.

2. IS THIS THE SAME AS THE P-SHOT?

Penile PRP is often called the "P-Shot." XPand Restore is XSculpt's customized version, built around male enhancement and sexual performance goals. Our certification for this procedure comes directly from Dr. Charles Runels, the doctor who invented the P-Shot.

3. DOES IT INCREASE PENILE SIZE?

Not primarily. The goal is better function, tissue health, blood flow, and performance. That said, some men do report a fuller flaccid hang and slightly improved erectile size from better circulation. If permanent girth is the goal, ask about XPand Volume™ (dermal filler).

4. IS IT PAINFUL?

Most patients report minimal discomfort. We use topical numbing and/or local anesthetic before any injection. Most men describe mild pressure, not pain.

5. HOW LONG DO RESULTS TAKE?

Some men notice changes within 2 to 4 weeks. The full effect builds over 2 to 3 months as new blood vessels form and tissue continues to repair. Results vary based on age, health, circulation, and hormone levels.

6. CAN I RESUME SEXUAL ACTIVITY RIGHT AWAY?

Yes. There's no waiting period. Sexual activity can actually help results by driving blood flow to the treatment area.

7. CAN IT HELP WITH ERECTILE DYSFUNCTION?

PRP may help support erectile function by improving blood flow and tissue health. It is not guaranteed to cure ED, and results vary. Your provider will want to look at the full picture, including hormones, vascular health, and lifestyle, to figure out what's actually driving the issue.

8. CAN IT BE COMBINED WITH OTHER TREATMENTS?

Yes, and it often works better that way. XPand Restore pairs well with XPand Volume™ (girth enhancement), XPand Flow™ (penile Botox), XPand Smooth™ (scrotal Botox), and hormone optimization programs. Combination pricing is available.

9. HOW MUCH DOES IT COST?

\$1,800 per treatment, with lower pricing when combined with other XPand services. Ask about combination packages at consultation.

THE XPAND PROTOCOL™

A full approach to male enhancement covering size, aesthetics, confidence, and performance.

PROCEDURE	WHAT IT DOES
XPAND VOLUME™	Dermal filler for girth. The primary procedure for permanent size enhancement.
XPAND FLOW™	Penile Botox for relaxation, blood flow, and improved flaccid hang.
XPAND SMOOTH™	Scrotal Botox for a smoother, more relaxed appearance.
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 Restore is the right call is a consultation. We'll review your goals, health history, and what's going on, then tell you straight: whether PRP fits, whether a different XPand procedure 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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xsculpt.com

Confidential. No obligation. No pressure.

FINANCING AVAILABLE

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

IMPORTANT MEDICAL INFORMATION

PRP therapy uses your own blood components. Platelet-rich plasma contains concentrated growth factors that support tissue repair and blood vessel health. Penile PRP for sexual wellness, erectile support, or tissue repair is considered off-label. It is not FDA-approved for these specific uses. Off-label use is legal and common in medical practice when a licensed physician determines it is appropriate for a specific patient. Individual results vary based on anatomy, baseline function, age, and health factors. Treatment is not guaranteed to cure erectile dysfunction. 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.