



Patient Information Leaflet: Low-Intensity Shockwave Therapy (LiSWT) for Erectile Dysfunction

Overview

Low-Intensity Shockwave Therapy (LiSWT) is a **non-invasive treatment** that uses targeted acoustic (sound) waves to stimulate blood flow and promote tissue repair in the penis. It is used to treat **erectile dysfunction (ED)**, especially when caused by reduced blood flow (vasculogenic ED).

The treatment is painless, carried out in a clinic setting, and does not require anaesthesia or medication. LiSWT is a safe option for men who are looking for an alternative or addition to medication.

Why You Might Be Offered This Treatment

Your consultant may recommend LiSWT if you:

- Have mild to moderate erectile dysfunction
- Prefer to avoid long-term medication
- Have not responded well to oral treatments (e.g. sildenafil)
- Have vascular-related ED (e.g. due to diabetes, high blood pressure or cardiovascular disease)

It may not be suitable if your ED is caused by nerve damage, hormonal issues, or severe psychological distress. Your consultant will carry out a full assessment before starting treatment.

What the Procedure Involves

- The treatment is carried out as an outpatient appointment
- A small handheld device is placed at several points along the shaft and base of the penis
- Low-intensity sound waves are delivered through the skin



- Each session lasts about **15–20 minutes**
- A full course usually involves **6–12 sessions**, once or twice a week

There is no need for sedation or medication, and you can resume normal activities immediately afterwards.

Aftercare

- There is **no downtime** required — you can return to work, exercise and daily activities straight away
- You may resume sexual activity as normal
- The effects of LiSWT may develop **gradually over several weeks**, as new blood vessels form
- Some men may benefit from a repeat course after 6–12 months, depending on response

You do not need to change your diet, stop medications or take any precautions after the session.

Risks and Complications

LiSWT is considered a **very safe treatment** with minimal side effects. The sound waves used are low energy and targeted only at the tissues being treated.

Mild side effects may include:

- Redness or sensitivity in the treated area
- A tingling or pulsing sensation during treatment
- Slight bruising or discomfort in rare cases

These symptoms, if they occur, are usually **mild and short-lived**. There is no risk of structural damage to the penis or surrounding tissues when the procedure is performed correctly.

Preparing for Your Appointment



There is no special preparation required. Please let your consultant know if you:

- Are taking blood-thinning medication
- Have a bleeding disorder
- Have a penile implant
- Have an active infection, ulcer or skin condition on the penis

You should continue all other medications as usual unless advised otherwise.

Follow-Up

Your consultant will monitor your progress during and after the course of treatment. Results vary between individuals — some men notice improvement after a few sessions, while others benefit gradually over time.

If needed, your consultant may recommend combining LiSWT with other treatment approaches (such as medication, lifestyle changes or psychosexual support).

Questions or Concerns?

Please don't hesitate to ask questions — we're here to support you before, during and after your treatment.

 **The Forbury Clinic**
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