

Tension Band Guidelines

There are various types of tension bands. Some individuals will use tension bands to enhance sexual pleasure. The tension bands may be placed around the testicles, penis and testicles, or just around the base of the penis. The tension bands can be latex, silicone or even metal.

These guidelines are designed for men who want to use penile tension bands to help maintain erections. Sometimes after prostate cancer treatment the venous occlusive mechanism, which helps keep blood in the penis to maintain the erection, does not work properly. The man can get an erection but it cannot be maintained, especially if penetration is attempted.

There are various types of tension bands. The first three are medical grade tension bands and tend to be more expensive; these can range in price from \$20 to \$40. The two remainder samples are examples of less expensive options (\$10 to \$15 dollars) and can be found at adult love shops.



Osbon Tension Bands



Osbon EZ Tension Ring



POS-T-Vac Mach 1 Tension Bands



Stopper Ring



Sex and Mischief Nitrile Rings

What to Consider When Choosing a Tension Band

Finding the right tension band is a matter of trial and error. You need to consider the size of the tension band, the amount of tension the band provides, and the amount of displacement. Displacement refers to the thickness of the tension band and plays an important role in the effectiveness and the level of comfort.

Tips That May Increase Tension Band Comfort:

Lubricate well: After finding your correct size, use plenty of water-based lubricant to put the tension band on (and re-apply more when taking it off). Not only will this make applying it and taking it off easier, but adequate amounts of lubricant will also keep the ring from causing irritation while on.

Managing pubic hairs: It is suggested to shave or at least trim the pubic hairs at the base of the penis. This not only minimizes pain from pulling hairs but it also helps create a better seal for when using the vacuum pump erection device (VED).

Getting the tension band on: Some men may be using a tension band in addition to a Vacuum Erection Device (VED). If this is the case, you can load the tension band at the end of the cylinder and then slip it off onto the base of the penis when the erection is created. If you do not have a VED, you can use other tubes such as PVC.

Make sure the tube is larger than the diameter of your erect penis. Lubricate the end of the tube, load the tension band at the end of the tube, slip tube over the erect penis and then roll or slide the tension band onto the base of the lubricated erect penis. Some men will simply glide the tension band down to the lubricated base of the erect penis. Some men will put the tension band on prior to the penis getting erect. For some this will not impede the development of the erection, for others the optimal erection cannot be achieved since the tension band will impede the flow of blood.

30-minute limit: Do not leave the band on longer than is comfortable and **do not leave it on for more than 30 minutes.**

Change it up: After taking some time to get used to your penile tension band, some men experiment with adding an *additional* tension band that is larger and can go around the penis and testicles which can alter the sensations experienced. There are also vibrating versions of these larger tension bands as well.

It is important to shop around for the best prices. Try different types of tension bands to see what feels most comfortable and is most effective in maintaining your erection. Patience and persistence is essential for successful use of the tension band.

