VULCANMEN | USER GUIDE

Pumping 101

How to get a perfect seal and keep your pressure steady, every session.

If your pressure keeps dropping, the pump is almost always fine. The cause is nearly always the **seal** between the cylinder and your body, and it is the most common first-time problem. A few small habits fix it. This guide walks you through them.

THE 4 GOLDEN RULES

1 **Trim the area** Hair at the base breaks the seal.	2 **Lube the rim** Thin, even, something like Vaseline.
3 **Press it tight** Hold the cylinder firmly against your pelvis.	4 **Never above 7 inHg** More pressure is not better.

Before you start: 5-minute setup

1. **Trim the area**
   Hair at the base of the penis is the number one cause of leaks. It lifts the rim off the skin and lets air in. Trim it short with a trimmer across the whole area where the cylinder will sit. Do this ahead of time rather than right before, so the skin is calm.

2. **Check your cylinder size and sleeve**
   A cylinder that is too wide for your girth cannot seal properly. Use the size guide: 1.75" for girths up to 5.4", 2.00" for 5.5" to 6.25", 2.125" for 6.35" to 6.75". Fit the reducer sleeve flat and fully seated on the opening, with no folds or twists.

3. **Check the connections**
   Push the hose firmly onto the cylinder nozzle and onto the gauge. Make sure the release valve is fully closed.

4. **Do the leak test**
   Press the open end of the cylinder over your thigh/leg flat and squeeze the gauge to about 5 inHg. If the needle holds, the pump is fine. If it drops, go back to step 3.

5. **Apply lubricant**
   Use Vaseline. Put a thin, even layer around the rim of the sleeve and on the skin at the base. Too much makes the cylinder slide. Skip this step if the air is not leaking without Vaseline.

Your session, step by step

1. **Position the cylinder**
   Insert the penis into the cylinder. The testicles stay completely outside.

2. **Press it tight against your pelvis**
   Hold the cylinder firmly against your pelvis with your free hand for the whole session. This is the step most people skip. Check that no skin is folded under the rim.

3. **Build pressure slowly**
   Use gentle, single squeezes and watch the needle. Keep the cylinder pressed in the whole time.

4. **Stop at 7 inHg or lower**
   Never go above 7 inHg. If the needle keeps falling, do not squeeze harder to make up for it. Release, reset the seal and start again.

5. **Hold, release, repeat**
   Hold for 3 to 5 minutes, press the release valve, rest briefly, then repeat. Three rounds make a 15-minute session. A tiny drop while holding is normal. One or two gentle squeezes will bring it back, still under 7 inHg.

6. **Finish and clean up**
   Release fully before removing the cylinder. Wash the cylinder and sleeve with mild soap and water, dry them and store away from heat.

THE PRESSURE LIMIT

Never go above 7 inHg.

Your gauge reads up to 30 inHg, but that is its full range, not a target. Higher pressure does not give better results. It raises the risk of bruising, small red dots and numbness.

Troubleshooting: pressure keeps dropping

WHAT YOU SEE	LIKELY CAUSE	WHAT TO DO
Needle will not climb, or falls fast	Air gap at the base or the cylinder is not pressed in	Trim the hair, add a thin layer of Vaseline and press the cylinder firmly against your pelvis
Pressure drops slowly	Small leak at the rim, or a loose hose	Push connecting hose properly into the quick connect.
Cylinder slides or pops off	Too much lube, or the cylinder is too wide for your girth	Wipe off the excess and use a thin, even layer. Check the size guide and sleeve
No pressure at all, even after testing it on leg.	Lose connection or release valve has gotten loose	The release valve at the bottom of the pump is loose, so tighten that up using Schrader screwdriver gently.

Safety basics

- **Stop and release** if you feel pain, numbness or coldness, or see dark discolouration.
- Small red dots mean the pressure was too high or the round was too long. Take a break and use less pressure next time.
- Keep each round to **3 to 5 minutes**. Do not stay under vacuum for long stretches.
- **Never pump while wearing a constriction ring.** If you use one afterwards, remove it within 30 minutes.
- Speak to a doctor before using a pump if you take blood thinners, have a bleeding disorder or sickle cell disease, have had prolonged erections, or have ongoing erectile problems.
- For adult use only. Keep the pump clean and dry between sessions.

Still losing pressure after this checklist?

Message us through **vulcanmen.com/contact** and tell us three things: your cylinder size, your girth measurement, and what the needle does. We will help you work out whether it is the seal or the equipment.

This guide is for general information and is not medical advice. Vulcanmen products are not medical devices and are not designed to diagnose, treat, cure or prevent any medical condition. Results vary from person to person.

