

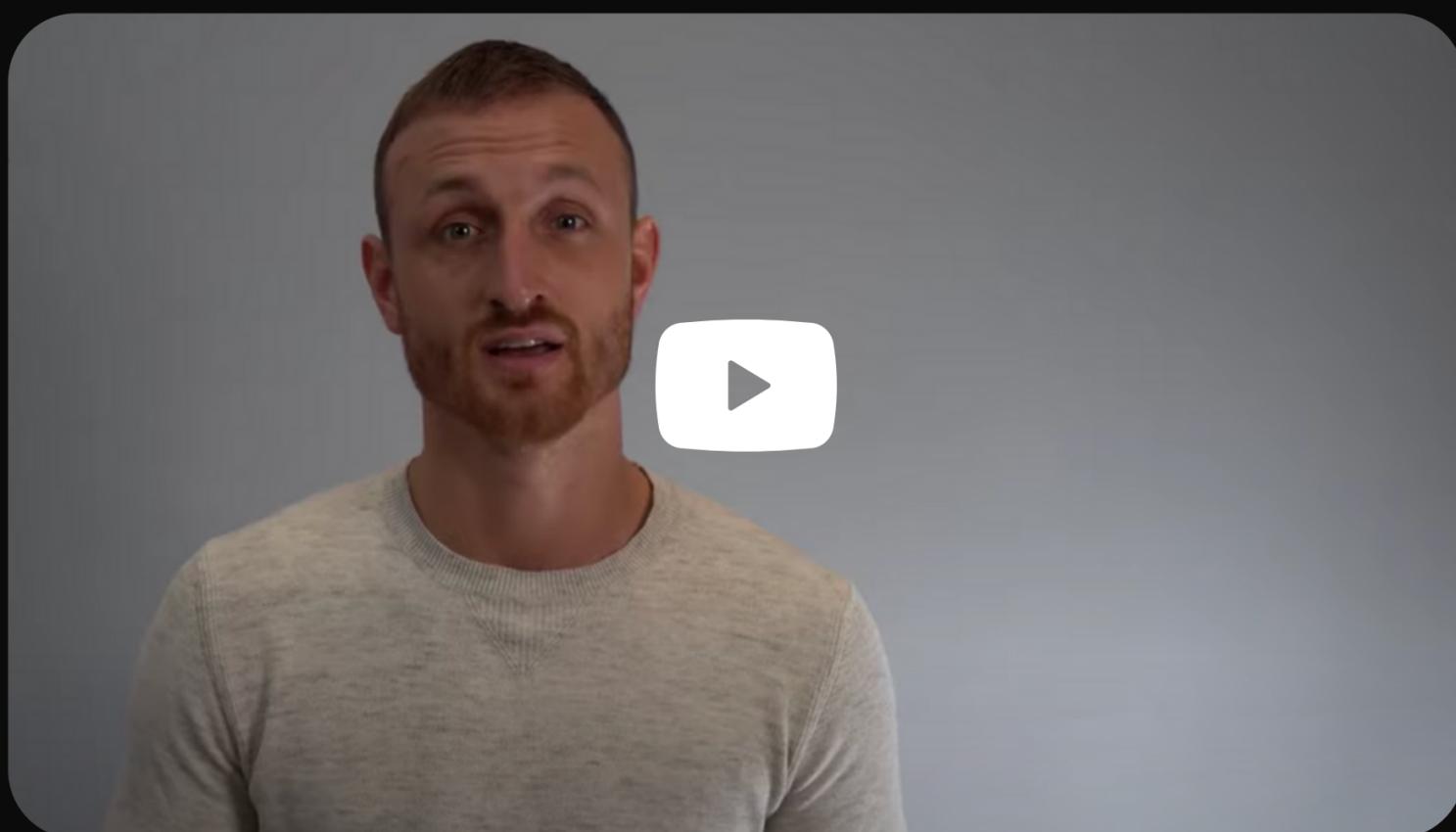
 **MEDICALTRAVELSHOP**  
"DMC"

# Men Aesthetics

 **ESTETIK**  
INTERNATIONAL



## Penile Enlargement | Experience



## Gynocomastia | Experience



# What is Iron Man Pack ?



## **Bariş Nuhođlu MD | Urologist**

**“Sexual health also affects our physical health. We cannot say I am healthy without improving our sexual health.”**

# Our Cases

Before

After



## Penis Enlargement & Lengthening



## Sixpack Aesthetic



## Gynecomastia

# Penis Enlargement & Sexual Performance Enhancement Operation Iron Man Pack ( 8 Surgery )

1

## Liposuction

Liposuction application for a fitter, healthier appearance is an easy, advantageous and immediate result. "Lower Abdominal Liposuction" is an effective operation that gives a fit appearance to the lower abdomen and creates a clear contour. Those who could not achieve the desired abdominal appearance despite doing sports and who want a more aesthetic and sporty body prefer the Liposuction application, which gives results in a short time.



2

## Penis Extension - P Long

Penis Extension is one of the most applied operations. Penis Extension surgery can be done in combination with Penis Enlargement or in the IRON MAN Package. 80% of the suspensory ligament of the penis is cut, the existing surrounding tissue is advanced to the base and the penis is exposed. By revealing the invisible part of the penis, elongation is achieved. An average of 1-2 cm elongation is achieved in the penis. This elongation takes place both in the deflated state of the penis and in the erection state. There is no loss of erection or sensation in the penis. Penile lengthening surgery, which is a permanent operation, cannot be repeated.



3

## Penis Thickening - P Classic

Fat Transfer is the most used method for penis enlargement. The application is made by taking the regional fat, processing it and transferring it to the penis area. Fat is often removed from the abdomen or thighs by liposuction. The fat is then centrifuged, filtered so that the fat cells are isolated and free of other unnecessary content. Next, oil is injected around the penis shaft using special injection techniques to ensure the survival of the fat. Since fat transfer cells are obtained from the patient's own body, there is no risk of allergic reaction. It is a repeatable application.



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## Glans Penis Enlargement - P Glans

Penis head enlargement application is done by fat injection. One year after the application, 20-40% will be absorbed and 60-80% will be permanent. Depending on the patient's preference and the structure of the penis, 2-5 cc filling can be made. With this application, the circumference of the Glans will increase proportionally. Natural looking growth will be achieved. The main purpose of the surgery is to provide the patient's psychological satisfaction with visual improvement. Glans augmentation using dermal fillers is limited to the circumference of the penile body, therefore, the application of glans penis enlargement is recommended in conjunction with penile enlargement surgery.



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## Scrotum Aesthetic Surgery - P Scrotoplasty

It is a scrotal stretching procedure to correct excessive looseness and wrinkling of the scrotal skin. Along with the aesthetic correction, the excessive laxity of the scrotal skin, which can be an obstacle during physical activity, is corrected. By performing scrotal skin scrotoplasty, as much skin is removed as necessary, so it is a personalized operation.

Especially due to the characteristic of the scrotal skin, the scar can be easily hidden. For this reason, an aesthetic result with high patient satisfaction is obtained. Before starting the operation, the skin area to be excised is marked and personalized according to the individual. It can be done under local or general anesthesia. The operation time is short (20 minutes) and the complication rate is low.



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## Performance Boost - P-Stem

Stem Shot is the transfer of stem cells from the fat tissue of the person's own body to the penis. In Stem Shot application, the aim is to solve the possible problems of the region by applying stem cells to the patient so that the penis can function better. Stem Shot is applied to men who have sexual performance loss and erection problems due to prostate enlargement, prostate cancer, age, side effects of various drugs and treatments. It has no side effects. It is a stem cell application that repairs the area, initiates tissue healing, enlarges existing tissues and provides rejuvenation.



7

## Function - P-Shot

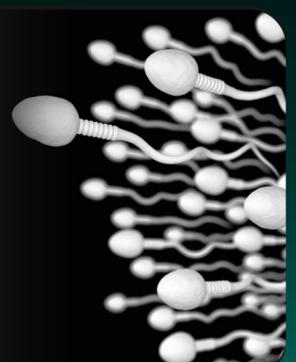
P-Shot; PRP injection into the penis. PRP is platelet-rich plasma. The purpose of P-Shot application; It is to solve the possible problems of the area with the patient's own blood in order for the penis to function better. P-Shot is applied to men who experience loss of sexual performance due to enlarged prostate, prostate cancer, age, side effects of various drugs and treatments. It has no side effects. It is an application that repairs the area, initiates tissue healing, enlarges existing tissues and provides rejuvenation.



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## Premature Ejaculation Treatment - P Ejaculation

Premature ejaculation ranks first among male sexual dysfunctions and negatively affects the sexual and psychological life of the person and his partner. Its incidence in clinical studies has been found to be around 30%. It creates a lack of self-confidence in the person. Also, your partner may be unhappy with this sexual dysfunction. Premature ejaculation can make spouses feel less connected or hurt.





## What is Abdominal Echting ?

Abdominal aesthetics are performed by using the **liposculpture method** in **Estetik International clinics**. Liposculpture is a form of body shaping and is also called as painless liposuction. **Liposculpture, an FDA-approved and reliable system, accurately and precisely shapes fat.** It works by micro inputs and thin vibration cannulas. Movement disrupts fat cells and converts them into fat emulsions. **When doing all this, it does not damage blood vessels and nerves or does not tear muscles.** Because it has high vibration and absorption function, it has an optimum impact and it is beneficial for the skin not to remain smooth and to have no bruising. **Due to the structure of the cannulas, it helps to remove the fat tissue in sensitive areas even in hard-to-reach areas.**



## What is Gynocomastia ?

This fat accumulation, which is specific to women and does not fit male anatomy, causes men to experience problems in bilateral relations and loss of self-confidence in social life. Our patients, who visit the clinics due to this problem complain that they cannot swim in the sea, that they refrain to remain naked and that they cannot wear the clothes they want.

For a man, enlarged breasts can be extremely stressful and embarrassing due to their structure. There are a lot of people who suffer psychological trauma because of the mockery during their adolescence, and they are hesitant to have a relationship. Gynecomastia is observed in every 5 men. And it is possible to overcome this problem with a simple application. But you should not feel unhappy thinking that your advancing age and your hormones have betrayed you. In addition to gynecomastia operations, if you feel depressed because of anxiety and gynecomastia, we recommend that you plan treatment without delay.

## Frequently Asked Question

**When can I return to my sexual life and masturbation?**

After 3 weeks.

**How many cm can I lengthen my penis with this surgery?**

P-long surgery provides 1-2 cm lengthening.

**How many days should I stay in Istanbul?**

5 nights at Istanbul  
1 night at Estetik International Clinic

**Is it advantageous to have my penis circumcised?**

Yes, it does.

**Will I have a problem when I pee?**

No, it won't be a problem.



**Are penile surgeries permanent?**

Yes they are permanent.



**Will I have problems with erection?**

No, you will not experience it, as the procedure does not affect the erection mechanism.

**How is the recovery process?**

You will recover within 3 weeks on average.