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What is a Penile Clamp

Male Incontinence is a common issue that many men face, and managing it effectively is crucial for maintaining a good quality of life. One of the [devices for male incontinence](#) is the penile clamp, also referred to as an incontinence clamp. An incontinence clamp is a medical device that works by applying gentle pressure around the penis to compress the urethra, preventing urine leakage. These clamps are non-invasive, discreet, and provide an alternative for those with bladder control issues due to factors like weakened pelvic muscles or prostate surgery.

How to use an Incontinence clamp

Using a penile clamp may seem intimidating at first, but with proper guidance, it can become an essential tool in managing incontinence. Begin by familiarizing yourself with the device and understanding its components. This is essential to understand how male incontinence clamps work; for instance, Lunderg incontinence clamps, like the [Confidence Clamp](#) or the [Freedom Clamp](#), come with soft silicone pads that apply pressure to the urethra and a securing mechanism to keep it in place. To correctly put on your clamp, follow these steps:

1. **Place your penis** between the two silicone rubber pads.
2. The clamp should be **halfway down the shaft** of your penis.
3. **Tighten the clamp** to squeeze your urethra.
4. Make sure you **don't set the clamp too tightly** as it could prevent your blood from circulating.



Finding the right size clamp

Choosing the correct size is crucial for the effectiveness and comfort of the penile clamp. Every person has different needs, that's why Lunderg incontinence clamps ensure the right fit as they come with multiple silicone pads with different sizes/shapes, we recommend trying them all to find your





Proper application is essential for the optimal functioning of the incontinence clamp. Follow these steps about how to use a penile clamp correctly:

- **Apply the clamp when the penis is flaccid** to ensure a comfortable fit and avoid unnecessary pressure.
- **Place the clamp behind the head of the penis**, ensuring it covers the urethra without causing discomfort.
- **Do not over-tighten** the clamp or leave locked for more than 1-2 hours. Heightened pressure could interfere with blood flow.
- **Periodically check the clamp for any signs of wear or damage** and replace it if you notice any issues.

Urinating with your clamp

One of the common concerns with penile clamps is the ability to urinate while wearing them. Using a penile clamp does not eliminate the need to urinate so you will have to go to the toilet regularly. Please follow these steps for a hassle-free experience:

- **Unlock the clamp:** Before urinating, release the clamp to allow the free flow of urine.
- **Reapply after urination:** After urinating, lock the clamp again following the steps mentioned



Cleaning your clamp

Maintaining proper hygiene with the penile clamp is essential to prevent infections and skin irritation. Simply follow these instructions to clean your clamp:

- **Clean the clamp regularly using mild soap and water.** You can also remove the stabilizer pads for a thorough cleaning.
- **Ensure it is completely dry before using it again.** Lunderg clamps are made with an ABS frame and medical-grade silicone pads, so they can be dried quickly using a towel.
- **Avoid using a washing machine or harsh chemicals** like bleach, as they may damage the material of the clamp.
- **Store the clamp in a clean, dry place when not in use.**

Remember to consult with your healthcare provider for personalized advice and guidance on what is a penile clamp used for. With proper understanding and care, these devices can significantly improve the quality of life for males managing incontinence.

[> Incontinence Clamps](#)

