



Male Post Insertion Instructions

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage in 24 hours. It **MUST** be removed as soon as it gets wet. You may replace it with a bandage to catch any anesthetic that may ooze out. The inner layer is a steri-strip. It should not be removed before 7 days. If the steri-strip comes off you may replace it with a band-aid.
- Do not take tub baths or get into a hot tub or swimming pool for 5-7 days. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- If you had your insertion above the belt line, no major back muscle exercises for the next 7 days; this includes any repetitive movements that would stretch/stress/twist the insertion area including tennis, golf, side-bends, etc.
- If you had your insertion below the belt line, no major gluteal exercises for the next 7 days; this includes running, squats, riding a horse, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief, 50 mg orally every 6 hours. Caution this can cause drowsiness!
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- Please call if you have any bleeding not relieved with pressure (not oozing), as this is **NOT** normal.

Please call if you have any pus coming out of the insertion site, or any other signs of infection.