



Male Post Insertion Instructions

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage in 5-7 days. 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 be left until it falls off. 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, as this is NOT normal.