



POST INSERTION INSTRUCTIONS FOR MEN

- A.** Your insertion site has been covered with two (2) layers of bandages.
1. The outer layer is the pressure bandage consisting of folded gauze and wide paper tape. Please remove this anytime after 3 hours. If your procedure was done late in the day, you may also sleep with it on. Please remove it first thing in the morning.
 2. The layer next to your skin is either the waterproof foam tape and/or steri-strip. This needs to stay in place for seven (7) days.
 3. We highly recommend **you apply an ice pack for 20-30 minutes, 3 or 4 times today after** your insertion or if you do any walking or moderate to heavy physical work the first three days.
- B.** Seven Day Rule:
1. **"No No's"** for seven (7) days:
No Tub Baths ☆ No Hot Tubs or Swimming ☆ No soaking in water
No Exercise with the exception of walking on a flat surface. We want to keep the hip as still as possible during this time.
You may resume exercise involving this area in 7 days
 2. Things you **CAN** do:
☆ Shower ☆ Golf ☆ Enjoy life!
- C.** Other Important Notes:
1. Avoid scrubbing the site until the incision is well healed (about 7 days).
 2. The insertion site may be uncomfortable for up to 2 to 3 weeks.
 3. 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.
 4. You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
 5. If you experience bleeding from the incision, apply firm pressure for 5 minutes.
 6. Please call us if you have any active bleeding or pus coming from the incision site at our main number: **760-478-9127** and ask to speak with the physician who treated you.