Male Post-Pellet Instructions

Proper care of the insertion site is important to promote healing and reduce the risk of complications. Please review and follow the instructions below carefully.

BANDAGE & INCISION CARE

- Your insertion site has been covered with **two layers of dressing**.
- The **outer pressure bandage** should be removed **24 hours after the procedure**, or sooner if it becomes wet.
    - If needed, replace it with a standard adhesive bandage to absorb any residual anesthetic drainage.
- The **inner adhesive strip (steri-strip)** should remain in place for **up to 7 days**.
    - If it falls off early, cover the site with a clean bandage.

BATHING & WATER EXPOSURE

- Avoid **baths, swimming pools, hot tubs, or soaking** for **7 days** following the procedure.
- Showering is permitted; however, **do not scrub or aggressively clean** the insertion area until healing is complete (typically about 7 days).

ACTIVITY RESTRICTIONS

- Refrain from **back-focused or core-straining activities** for **7 days**.
- Avoid movements that stretch, twist, or stress the insertion site, including:
    - Weightlifting involving the back
    - Tennis, golf, or rotational sports
    - Side bending or repetitive twisting motions

EXPECTED HEALING SYMPTOMS

- Mild swelling may occur for up to **3 days** due to the anesthetic used during the procedure — this is normal.
- Local soreness, tenderness, bruising, or redness at the insertion site may persist for **up to 3 weeks**.
- Mild itching or redness can be managed with **diphenhydramine (Benadryl) 25–50 mg every 8 hours as needed**, unless otherwise contraindicated- caution, this may cause drowsiness.
- Light pink or blood-tinged staining on the outer dressing may occur and is considered normal.

BLEEDING & WARNING SIGNS

- If bleeding occurs, apply **firm, direct pressure** to the site for **5 minutes**.
- If bleeding continues despite pressure, **contact the office immediately**.

- **Notify Urban Medical promptly** if you notice:
    - Pus or thick drainage
    - Increasing redness, warmth, or pain
    - Signs of infection or wound separation

IMPORTANT FOLLOW-UP REMINDERS

- Schedule **laboratory testing 4 weeks** after pellet insertion.
- Arrange a **follow-up visit at approximately 5 weeks** post-procedure to review lab results and symptom response.
- Most patients require **pellet re-insertion every 5-6 months**, though timing may vary based on individual response.

☐ I have read and fully understand my post procedure instructions

Date *

MM/DD/YYYY

Signature