

POST-INSERTION INSTRUCTIONS



- Your insertion site has been covered with two layers of bandages. Keep the entire dressing on for either 3 or 7 days, depending on male or female. If, after a shower, the dressing becomes too saturated, individuals can either apply a bandage over it or return for a redressing session with their provider.
- **Do not take tub baths or get into a hot tub or swimming pool for 3-7 days, depending on whether you are female vs male. You may shower but do not remove the bandage or sterile strips before the recommended 3-7 days.**
- No heavy lifting or major exercises for the incision area for the next 3-4 days (female) or 7 days (male), which includes running, elliptical, squats, lunges, 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 itching occurs, you may take Benadryl per the package instructions. 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. If the redness worsens after the first 2-3 days, please contact the office.
- 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.**
- We recommend putting an ice pack on the area where the pellets are located a couple of times for about 20 minutes each time over the next 4 to 5 hours. You can continue this for swelling if needed. Be sure to place something between the ice pack and your bandages/skin. Do not place ice packs directly on bare skin.