

Fox Valley Plastic Surgery SC
Post Pellet Instructions MALE

- 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 920-233-1540 if you have any bleeding not relieved with pressure (not oozing), as this is NOT normal.
- Please call 920-233-1540 if you have any pus coming out of the insertion site, as this is NOT normal.

REMINDERS New patients - VERY Important!

- Please schedule for your post-insertion blood work 4 weeks after your initial pellet insertion.
- You will be notified by your provider if there are any concerns with your post insertion lab work. If you have any questions or concerns with your treatment please contact the office.
- On average, males need pellet insertions every **5 months** after their initial insertion.
- Please call 920-233-1540 to make an appointment for a re-insertion as soon as symptoms that were relieved from the pellets start to return. The charge for the second and consecutive visits will be only for the insertion and not a consultation.