



BANDAGE CARE INSTRUCTIONS

- * The incision site has been closed with a steri strip and a pressure bandage applied.
- * The entire bandage can be gently removed in 3 days.

ONE WEEK RULE

* For the 7 days following insertion refrain from:

- Tub baths
- Hot tubs or swimming
- Lower body exercise to include walking for exercise

* Showers are fine

- ❖ **AVOID SCRUBBING THE SITE UNTIL THE INCISION IS WELL HEALED (ABOUT 7 DAYS).**
- ❖ **THE INCISION SITE MAY BE UNCOMFORTABLE FOR 2-7 DAYS OR 10 DAYS FOR MEN.**
- ❖ **THE SITE MAY SWELL FOR 1-3 DAYS. THIS IS NORMAL.**

Call our nurse at **770-383-3552 (ext - 111)** if you have any bleeding (not oozing) or pus coming from incision site.

Reminder: Please have labs drawn 4 weeks after insertion.

If you are taking supplemental hormones, please remind us so we can recommend how to discontinue them.