

COURI CENTER

T by Couri

Post Insertion Instructions for Men

- A. Your insertion site has been closed with a dissolvable suture and covered with a bandage.
1. The outer layer is the pressure bandage consisting of folded gauze and wide paper tape. Please remove the bandage in 48 hrs.
 2. You can remove the suture after 7-10 days. If you would prefer the suture be removed here, please call the office.
- B. **THREE Day Rule:**
1. **Please avoid the following for three (3) days:**
 - Tub Baths
 - Hot Tubs or Swimming
 - Soaking in water
 - Vigorous exercise
 - Strenuous lifting
 2.
 - Showers are fine.
 - Moderate exercise after 24 hrs is fine.
- 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 on the outer bandage. This is normal.
 5. If you experience bleeding from the incision, apply firm pressure for 5 minutes.
 6. Ice your incision area three (3) times a day for ten (10) minutes at a time on the day of your pellet insertion. This will help reduce any swelling, bruising or discomfort that you may experience.
 7. You may take Tylenol or Ibuprofen as needed if you experience any discomfort.
- D. Please call us if you have any active bleeding or pus coming from the incision site.
- E. **Reminders**
1. Please have your labs rechecked in:
 - 2-3 weeks before your next pellet insertion for accuracy of dosing.
 2. Other office requests:
 - Yearly Prostate Exam
 3. Please stay up to date with your primary care physician and yearly physicals.