

## TESTOPEL Post-Pellet Insertion Instructions

### General Urology

#### Home Care

**Hand Hygiene:** It is vitally important to utilize good hand hygiene when caring for your incisions to help prevent infection.

- Remove large tape or Band-Aid after 48 hours.
- If needed, re-apply Band-Aid over the wound for a few days to catch any drainage that might occur.
- Keep wound completely dry for 24 hours. After that, showering is OK. Avoid soaking in tubs, pools or baths for at least 3 days.
- Avoid vigorous exercise for 72 hours to reduce the chance of bruising, drainage or infection, or delayed wound healing. Walking and easy stair climbing is fine. Avoid running, biking, volleyball, racquet games, aerobic exercise or yoga for 3-4 days. It would be best to avoid heavy lifting, repetitive squatting, and extensive housecleaning, like vacuuming, for 3 days. Avoid massage therapy directly at pellet site for 6 months.
- A little redness, bruising and swelling for 3-4 days is normal. The area may be tender for 4-14 days.
- Apply an ice pack for 8-10 minutes, twice daily on the day of pellet insertion

#### Special Instructions:

- 4-6 weeks after INITIAL pellet insertion-labs will be drawn, and you will receive a phone call for results and follow up.
- Subsequent labs are drawn every 3-4 months to ensure accurate dosing of upcoming pellets. These lab results will be reviewed with you at your pellet insertion appointment.
- If a suture was used to close the incision, it will absorb over time. You do not need to have it removed.

#### Follow up Care:

- If you have significant redness, pain (without putting pressure on the wound), warmth, or pus from the wound, call the urology clinic nurse or physician. You may need an antibiotic. This happens rarely, but infection is always a possibility with any kind of minimally invasive procedure.

#### Emergency Center:

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*