Testopel Post-Insertion Care Instructions

- Apply ice to the site for 20–30 minutes every hour after insertion, as needed. You may consider taking a pain reliever if discomfort continues. Remember, you might experience tenderness at the site for a few days following insertion. You may experience redness and swelling at the site.

- Avoid hot tubs, swimming, or full water immersion of the insertion site for 72 hours.

- The top bandage may be removed after 24-48 hours. The steri-strips bandages will come off naturally after approximately 4-5 days.

- Avoid strenuous activity and heavy lifting for 24–72 hours.

- Contact your physician immediately if infection or pellet extrusion is suspected.

Call your doctor if you experience any of the following:

- Discharge from insertion site
- Dizziness or lightheadedness
- Excessive redness or swelling
- Excessive tenderness
- Chills and/or fever greater than 101.5°F
- Any other symptoms
- Nausea or vomiting