

## POST-INSERTION INSTRUCTIONS FOR WOMEN

- It is recommended to put an ice pack on the insertion site 2-3 times following the procedure for about 20 minutes each time.
- Your insertion site is covered with a bandage. Please leave the outer pressure bandage on for 3-4 hours. There is a waterproof foam bandage or steri-strips that should not be removed for at least 2 days following the procedure.
- Do **NOT** take tub baths or get into a hot tub for 2 days. Do **NOT** scrub the site for at least one week.
- **NO** heavy lifting, exercise that causes impact or vigorous exercise for 4-5 days.
- The sodium bicarbonate in the anesthetic may cause swelling for 1-3 days.
- The site may be uncomfortable for up to 2-3 weeks. You may have bruising, swelling, and/or redness of the insertion site which may last from a few days to 3 weeks.
- You may experience some light bleeding from the incision. This is normal and can be relieved by firm pressure for 5 minutes. If you continue to have bleeding and/or pus coming from the insertion site, and is not relieved by pressure, please call the provider's office.
- Follow up with your provider as directed.

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