

## Post iTind Instructions

### Activity and Rest:

It's important to balance rest with light activity. Avoid strenuous activities for the first few days after the procedure. Walking and light movement are encouraged to aid in circulation and promote healing, but avoid heavy lifting and intense physical exertion. **Avoid sitting on hard surfaces and no sexual activity while device is in place.**

### Medications:

Take any prescribed medications as directed by your healthcare provider. .

### String:

You may notice a string from your penis, **DON'T PULL** or **CUT** this string.

### Diet:

Maintain a healthy, balanced diet to support your recovery process. Drink plenty of fluids to stay hydrated, unless otherwise instructed by your healthcare provider.

### Follow-up Appointments:

The **iTind** will remain in place for about **1 week**. Attend all scheduled follow-up appointments with your healthcare provider to monitor your progress and address any concerns.

### Symptoms to Monitor:

Keep an eye on any unusual symptoms such as fever, severe pain, persistent bleeding, or difficulty urinating. Contact your healthcare provider immediately if you experience any concerning symptoms or complications.

### Urination:

You may experience some discomfort or changes in urination including slight blood. This is normal while the device is in place. If you experience difficulty urinating or other urinary symptoms that worsen or persist, contact your healthcare provider for guidance.

### Follow Your Doctor's Instructions:

Always follow the specific post-operative instructions provided by your healthcare provider. These instructions may vary depending on individual factors and the specifics of your procedure.