

Post Treatment Guidelines

About the medicine and guidelines

- Prescriptions may vary depending on the treatment or personal physique.
- <Painkiller pills (Orange color)> 4 pills(contains 2 doses).
 - ※ Only take when you are in pain. Avoid taking when on an empty stomach, take 2 pills in one dose. Allow 3 hours to pass before consumption.
 - <Painkiller suppository> Contains 2 pills(2 doses). To be inserted into the rectum.
 - ※ Please use this if you continue to feel pain after taking the painkiller pills.
 - ※ Allow 3 hours to pass before consumption.
 - ※ Please store in a refrigerator.
 - <Antibiotic pills (Pink color)> Contains 《21 pills(7 days)・15 pills(5 days)》.
 - ※ Antibiotic (Prevent suppuration). Take 3 times a day, morning, afternoon and evening after meals.
 - ※ To be taken 3 times a day even on an empty stomach.
 - ※ Please avoid the drinking of alcohol during the administration period following treatment.
1. Please take (After dinner・Before bed) today. 2. Please take after breakfast tomorrow.
- ※ Due to physical reasons if you experience symptoms like fever or rashes after taking the medicine, please discontinue the consumption of medication.

How to disinfect and important guidelines

- <Disinfectant set> Contains 1 disinfectant, 1 ointment, bandages(1 week).
- ① <Disinfectant> For disinfection of affected areas
 - ※ Please ensure that you wash your hands before disinfecting the affected areas to prevent infection.
 - ※ In the event that you run out, please purchase Makiron from a drug store.
 - ② <Ointment> Please apply 1cm of the ointment to the treated area after disinfecting it.
 - ③ <Bandages> Cut 30cm of the badage and wrap the treated area after disinfecting and applying the ointment.
 - ※ There may be times when the treated area is stuck to the bandages.
Forcing the bandage off will cause bleeding, so if this happens,
pour the disinfectant on top of the bandages and slowly peel it off.

During the disinfection period: the treatment starts once a day for seven days.

- ※ Please be ensure to follow the disinfection time
(Failure to disinfect on schdeule may delay recovery time)

Bathing and showering

- <Shower> From the 4th day onwards you may use warm water on the affected area.
 - ※ Please disinfect the wound after taking a shower.
 - ※ Please dry with a hairdryer on cold setting after taking a shower.
 - ※ Do not use soap to wash affected area. Only rinse with water.
- <Bathing> From the 8th day onwards you may soak in a bathtub.
 - ※ You may use the bathtub from the day after the disinfection period ends.
 - ※ You may use soap on the affected area on the same day.
(If there is bleeding, please wait until it stop before continuing)
 - ※ Be cautious when washing the affected area.
 - ※ You must not enter hot springs, pools or the sea until the stitches are removed.

Other guidelines

- <Sex and masturbation> It is fine once all the stitches have been removed.
 - ※ The day that the stitches are removed may vary by person. For some it may take over 1 month.
- <Sports> Please avoid any intense exercising for 1 week. After that, it should also be avoided until the stitches are removed.
- <Hypersensitivity of the glans>The exposure of the glans due to the condition may cause a feeling of discomfort from contact with the pants. While it can vary, it should heal in a few days.
For those that are worried, briefs will soften this sensation as there is less movement.
- <Postoperative course>There is a possibility of swelling, bruising and slight bleeding occurring for some time postoperation. Please do not worry, the swelling will subside, the bruises vanish and the bleeding stop.
 - ※ If you are bothered by the bleeding, try placing a bandage over it and grip hard for 10 minutes.
If repeated attempts of the above method of hemostasis does not stop the bleeding, cut 1cm of absorbent cotton and place it over the bleeding. Bandage it tightly and wait for 1 day to pass.
Please do not remove the bandage while you wait, as it will cause further bleeding.
 - ※ For the first 7 - 10 days postoperation, the swelling and bandages may cause urine to splash, but this will slowly go back to normal, so please do not worry.
- <Those who have also had enlargement treatment and want additional injection.>
 - ※ A repeat injection within 6 months of enlargement treatment is forbidden by the manufacturer.
- <Postoperation contact>If you have any questions after reading the above,
Please call the exclusive number for posttreatment consultation.
 - ※ We may not be able to deal with the matter correctly if you contact us via the internet or by mail, so please contact us via phone.
 - ※ We accept calls concerning treatment during: AM10 : 00~PM19 : 00

Tokyo Norst Clinic Toll-free number for inquiries 0 1 2 0 - 2 4 - 7 2 1 1

This precaution is common to patients with general foreskin treatment, however the content may change due to different treatment contents or personal physique.