**PRESCRIPTION ITEMS**

* **CEPHALEXIN** (BACTRIM IF ALLERGIC)
* TAKE TWO CAPSULES BY MOUTH 3 X A DAY FOR 3 DAYS
* **METRONIDAZOLE** (CLINDAMYCIN IF ALLERGIC)
* TAKE TWO TABLETS BY MOUTH 3 X A DAY FOR 3 DAYS
* **PREDNISONE**
* TAKE TWO TABLETS BY MOUTH 3 X A DAY FOR 3 DAYS
* **MEDROL DOSE PACK** (ALSO CALLED ***METHYL-PREDNISONE***)
* 6-DAY SUPPLY
* TAKE 6 TABLETS IN DIVIDED DOSES ON THE FIRST DAY
* TAKE 5-TABLETS IN DIVIDED DOSES ON THE SECOND DAY
* TAKE 4-TABLETS IN DIVIDED DOSES ON THE THIRD DAY
* TAKE 3-TABLETS IN DIVIDED DOSES ON THE FOURTH DAY
* TAKE 2-TABLETS IN DIVIDED DOSES ON THE FIFTH DAY
* TAKE 1-TABLET ON THE SIXTH DAY
* ***BUT START TAKING THIS MEDICATION ON DAY-8 …NOT NOW!!***
* **TYLENOL #4**
* TAKE 1 OR 2 TABLETS EVERY 4-6 HOURS AS NEEDED FOR ***SEVERE PAIN***
* TRY TO USE ALEVE OR MOTRIN FOR THE MILD TO MODERATE PAIN
* ***DO NOT*** TAKE MORE THAN 6 TABLETS IN A 24 HOUR PERIOD
* TAKE ONE TABLET AT NIGHT TO HELP WITH DISCOMFORT.
* TAKE ONE STOOL SOFTENER CAPSULE WITH EACH TYLENOL #4 TABLET (TO PREVENT CONSTIPATION).
* **TRIAMCINOLONE OINTMENT**
* TUBES ARE SMALL, THIS YOU WILL NEED TO REFILL
* USE LIBERALLY ON THE PENILE SHAFT, GLANS, PUBIC & SCROTAL AREAS
* (YOU WILL PURCHASE CORTISONE-10 OINTMENT AS A BACK-UP SUPPLY IF RUN OUT)
* **LIDOCAINE OR EMLA CREAM**
* USED FOR SORE OR PAINFUL SKIN AREAS
* **NITROBID OINTMENT**
* ONLY USED ON THE GLANS (HEAD OF PENIS) AND AT BEDTIME
* USE ***VERY TINY*** QUANTITIES…JUST A LITTLE ON THE Q-TIP
* PLACE TRIAMCINOLONE AND BACITRACIN OINTMENTS ON THE GLANS FIRST, THEN PLACE THE NITROBID AND SPREAD AROUND EVENLY
* IF TOO MUCH OF THIS MEDICATION IS PLACED ON IT WILL CAUSE LIGHTHEADEDNESS, SWEATING, AND PALPITATIONS.
* ***DO NOT REFILL YOUR MEDICATION UNLESS INSTRUCTED TO DO SO***

**NON- PRESCRIPTION ITEMS**

* **CRANBERRY JUICE & SUNFLOWER SEEDS**
* DRINK FOUR 8-OZ GLASSES OF JUICE, AND EAT 2-CUPS OF SHELLED UNSALTED SUNFLOWER SEEDS.
* THESE TWO FOODS WILL HELP BUILD COLLAGEN FOR OPTIMAL RESULTS.
* **ALEVE (OR NAPROXEN)** *…OR YOU MAY PREFER ADVIL BELOW…*
* THIS IS THE **PREFERRED MEDICATION** FOR MILD TO MODERATE PAIN
* PURCHASE ONE SMALL BOTTLE
* **ADVIL (OR IBUPROFEN)**
* IF YOU LIKE ADVIL, ***YOU MAY GET THIS INSTEAD OF ALEVE***
* PURCHASE ONE SMALL BOTTLE
* **BACITRACIN OINTMENT** (SOME SMALL PACKETS WERE PROVIDED – ***IN YOUR BLUE BAG***)
* ALSO CALLED TRIPLE ANTIBIOTIC, NEOSPORIN, ETC.
* PURCHASE ONE 1-OUNCE TUBE. USE ON GLANS AT BEDTIME, AND SKIN CUTS/SORES.
* **LIDOCAINE CREAM –** *NON PRESCRIPTION STRENGTH MAY WORK WELL*
* PURCHASE ONE 1-OUNCE TUBE. USE THIS ON SORE OR TENDER SKIN AREAS.
* **CORTISONE-10 OINTMENT**
* PURCHASE ONE 2-OUNCE TUBE. USE IF RUN OUT OF TRIAMCINOLONE OINTMENT.
* **STOOL SOFTENERS** (THIS WAS PROVIDED – ***IN YOUR BLUE BAG***)
* ONE CAPSULE IS TO BE TAKEN EACH TIME YOU TAKE A TYLENOL #4 TABLET TO PREVENT CONSTIPATION.
* **LARGE BAGGIE – TO FILL WITH ICE** (THIS WAS PROVIDED – ***IN YOUR BLUE BAG***)
* USE THIS FOR PAIN. PLACE ON FOR 30 MINUTES AND OFF FOR 30-MINUTES AND REPEAT
* **EPSON SALT**
* PURCHASE ONE 3-POUND BAG. THIS IS USED IF SEVERE SKIN CUTS OR SORES DEVELOP.
* **BROWN STRETCH GAUZE** (A FEW ROLLS WERE PROVIDED – ***IN YOUR BLUE BAG***)
* PURCHASE 10-ROLLS - 1.5 INCH IN WIDTH.
* **PRE -WRAP** (SOME WAS PROVIDED – ***IN YOUR BLUE BAG***)
* PURCHASE 1 ROLL – 2.75 INCH IN WIDTH.
* **LARGE BAND-AIDS 2 X 4 INCHES** (A FEW WERE PROVIDED – ***IN YOUR BLUE BAG***)
* PURCHASE ONE BOX.
* **HYDROCOLLOID ADHESIVE PADS 3 X 2.3 INCHES**
* PURCHASE TWO BOXES.
* **NON-STERILE GAUZE PADS – 4 OR 6 INCH** (SOME WERE PROVIDED – ***IN YOUR BLUE BAG***)
* PURCHASE ONE BOX.
* **Q-TIPS** (SOME WERE PROVIDED – ***IN YOUR BLUE BAG***)
* PURCHASE ONE BOX. USE THIS TO APPLY THE NITROBID (NEVER TOUCH NITROBID WITH YOUR FINGER TIPS).