

At Home I&D Protocol

1. Wash hands with soap and water up to the elbow.
2. Wash treatment area with soap and water.
3. Place lidocaine cream into a condom or bag and apply to the penile shaft for 45-80 minutes (the longer the better). Remember to periodically rub the cream into the skin well. Lidocaine 4% cream can be purchased over the counter.
4. Wash treatment area with soap and water.
5. Wash hands with soap and water up to elbow.
6. Put on sterile gloves, or regular gloves if sterile gloves are not accessible. Wash nonsterile gloves with soap and water.
7. Use alcohol prep pads and wipe down treatment area and wait one minute for alcohol to dry.
8. Open sterile 20G needle.
9. Pinch skin upwards and poke treatment area with 20G needle (be careful not to go too fast and deep).
10. Remove needle and discard.
11. Squeeze treatment area, and wipe drainage with white tissue.
12. Take picture of drainage in white tissue to send to Loria medical office for evaluation.
13. If you need to poke the treatment area again use a new 20G needle and repeat steps 8-12.
14. When finished, wipe treatment area with alcohol prep pads again and apply triple antibiotic ointment to treatment area. Place a band-aid to treatment area.

Note: Lidocaine cream and 20G needles will be sent to local pharmacy via Practice Fusion. If local pharmacy does not carry 20G needles; sterile needles can be purchased at www.gpzmedlab.com