



POST INSERTION CARE INSTRUCTIONS for WOMEN

Your insertion site has been covered with:

✓ **TEGADERM Bandage – 2 layers**

The outer layer is a clear TEGADERM bandage. This needs to stay in place for 3 days. When you take it off, everything under it should come off with it.

Three-Day Rule “No, Nos!” For three days:

- No exercise with the exception of walking on a flat surface, to keep the hip as still as possible during this time.

Things you CAN do:

- Shower
- Golf
- Enjoy life!



We highly recommend that you apply an **ice pack for 20 minutes, 3 or 4 times today** after your insertion or if you do any walking/physical work the following day.



Other Important Notes:

- Avoid scrubbing the site until the incision is well-healed (about 7 days).
- The insertion site may be uncomfortable for up to 2 to 3 weeks.
- You may experience bruising, swelling, and/or redness at the insertion site which may last from a few days, up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.



Please call us ...

If you have any active bleeding or pus coming out of the insertion site, call our main number and ask to speak with the provider who treated you.

WHAT MIGHT OCCUR AFTER PELLETT INSERTION

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

- **Fluid Retention:** Testosterone stimulates the muscle to grow and retain water which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.
- **Swelling of the hands and feet:** This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, taking apple cider vinegar capsules daily, (found at most health food stores) or by taking a mild diuretic, which the office can prescribe.
- **Breast tenderness and nipple sensitivity:** These may develop with the first pellet insertion. The increase in estrogen sends more blood to the breast tissue. Increased blood supply is a good thing, as it nourishes the tissue. This discomfort usually only lasts 2-3 weeks. An excellent treatment is to use DIM 150-300 mg daily. Use this for 2-4 weeks.
- **Uterine spotting or bleeding:** This may occur in the first few months after an insertion, especially if your progesterone is not taken properly: i.e.: missing doses, or not taking a high enough dose. Please notify the office if this occurs. Bleeding is not necessarily an indication of a uterine problem. More than likely, the uterus may be releasing tissue that needs to be eliminated. This tissue may have already been present in your uterus prior to getting pellets and is being released in response to the increase in hormones. Also, some regimens of how your progesterone is taken are expected to cause a return of your periods.
- **Mood swings and irritability:** These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system.
- **Facial breakout:** Some pimples may arise if the body is very deficient in testosterone. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call our office for suggestions and possibly a prescription.
- **Hair loss:** Tends to occur in women who are genetically predisposed to this. Certain supplements or a prescription medication may be used to help with this.
- **Hair growth:** Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary. You may also have to shave your legs and/or arms more often. Dosage adjustment generally reduces or eliminates the problem. Certain supplements or a prescription medication may be used to help with this.

Please contact the office right away if you are experiencing any of the above symptoms.