

FEMALE POST INSERTION INSTRUCTIONS

Your insertion site has been covered with two (2) layers of bandages. (1) The outer layer is the pressure bandage consisting of folded gauze and wide paper tape. Please remove this anytime after 3 hours of the insertion. If it's done late in the day, you may also sleep with it on. Please remove it first thing in the morning. (2) The layer next to your skin is either the waterproof foam tape and/or steri-strip. This needs to stay in place for 3 days.

You may take it off on: Mon Tue Wed Thur Fri Sat Sun

We highly recommend you apply an ice pack for 20-30 minutes, 3 or 4 times today after your insertion or if you do any walking/heavy physical work the following day.

For the next 3 days:

- No Tub Baths • No Hot Tubs or Swimming • No soaking in water
- No Exercise with the exception of walking on a flat surface. We want to keep the hip as still as possible.

You may resume exercise involving this area on: Mon Tue Wed Thur Fri Sat Sun

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 of 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 from the incision site at our main number _____ and ask to speak with the physician who treated you.

Reminders:

Please have your labs rechecked: 4 -6 weeks after your insertion 2 weeks before your next insertion Yearly

Other office requests: Pap Mammo

Your Next Appointment:

Date: _____ Time: _____ Provider: _____ Office Location: _____

WHAT MIGHT OCCUR AFTER FEMALE 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 an increase of water consumption, 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 significant 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.
- **Mood swings and irritability:** These may occur if you were quite deficient in hormones. They will normally 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 arms more often. Dosage adjustment generally reduces or eliminates the problem.

Please contact the office right away if you are experiencing any of the above symptoms and notify your provider by phoning us at: _____