

# MALE 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. If your procedure was done late in the day, you may also sleep with it on. Please remove it first thing 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 7 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 or moderate to heavy physical work the first three days.

**For the next 7 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 request:**  Prostate exam

**Your Next Appointment:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Provider: \_\_\_\_\_ Office Location: \_\_\_\_\_

## WHAT MIGHT OCCUR AFTER MALE 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:** This may develop with the first pellet insertion. This is caused in some men by converting some testosterone to estrogen which causes the symptoms. If this happens, call the office and you will likely be prescribed a medication to block this conversion. You will only need to take the medication for 2-4 weeks.
- **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 men 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. Dosage adjustment generally reduces or eliminates the problem.
- **Other:** Side effects may include decreased sperm count, decreased testicular mass and although rare, prostate enlargement.

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