

Post-Insertion Pellet Instructions For Women

General Instructions

- The insertion site may be uncomfortable for up to 2 to 3 weeks.
- If there is itching or redness you may take Benadryl for relief (25 to 50 mg orally every 6 hours).
Caution: this can cause drowsiness!
- 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.
- We recommend putting an ice pack on the area where the pellets are located a couple of times for about 20 minutes each time over the next 4 to 5 hours.

Wound Care

- Your insertion site has been covered with two layers of bandages.
- Remove the outer pressure bandage may be removed any time after 48 hours
- The inner layer (steri strips) will fall off on their own or can be removed after 3 days.
- Do not take tub baths or get into a hot tub or swimming pool for 4 days.
- You may shower tomorrow but try not to soak the area.

Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, you may restart these medications in 24 hours unless directed otherwise.

Activity

- No heavy lifting or major exercises for the incision area for the next 3-4 days, which includes running, elliptical, squats, lunges, etc.

When to Call

- Bleeding not relieved with 5 minutes of pressure (not oozing)
- Pus coming out of the insertion site
- Redness of the skin that is spreading and enlarging after the first 3 days
- You may also message us via the Advanced MD Patient Portal or email us at hello@pazonamd.com for non-urgent questions.

Follow up

- Remember to have your **post-insertion blood work done 4 weeks after your FIRST insertion.**
- We will review your lab work and call to see how you're feeling
- If you are not feeling any better by 4 weeks please call the office to schedule a follow up visit. We will discuss your new labs and consider a free boost dose
- Most women will need re-insertion of their pellets 3-4 months after their initial insertion. If you experience symptoms prior to this, please call the office.

Go to Quest Labs for your 4 week post-insertion lab panel around: _____

Your next pellet insertion is scheduled for: _____

We are excited to see how BioTE hormone pellets improve your life! - Dr. Joe Pazona