



After Pellet Insertion (Male)

Instructions:

- ✦ Your insertion site has been covered with 2 layers of bandages. Remove them in 3 days.
- ✦ You may place an ice pack on the insertion area 2 times for 20 minutes each in the first 4 hours.
- ✦ You may shower as normal- do not scrub the insertion site for 7 days. Do not take tub baths or get into a hot tub or swimming pool for **7 days**.
- ✦ No major exercise for **7 days** including running, elliptical, squats, lunges, etc.
- ✦ Site may swell for 1-3 days due to the sodium bicarbonate in the anesthetic.
- ✦ Site may be uncomfortable for 2-3 weeks. You may use Benadryl if itchiness or redness occurs.
- ✦ Bruising, swelling and some redness can be expected and may last from 3 days- 3 weeks.
- ✦ Pinkish or bloody discoloration of the outer bandage is normal.
- ✦ Apply firm pressure to the site for 5 minutes if bleeding occurs. Call the office if this does not resolve.
- ✦ Call if there is any pus coming out of the insertions site. This is NOT normal.

What may occur: 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 to 2-5 lbs. This is only temporary, but happens frequently with the first insertion, and during hot and humid weather conditions.
- **Swelling of the Hands and Feet:** This is common in hot and humid weather and can be treated by drinking lots of water, reducing salt intake, taking cider vinegar capsules (found at most health food stores).
- **Mood Swings/Irritability:** These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system. 5HTP can be helpful for this temporary symptom and can be found at many health food stores.
- **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 the office for other suggestions.
- **Hair Loss:** This is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem.

Remember:

- ✓ Get your post-insertion blood work drawn 4 weeks after insertion (per instructions during follow up call)
- ✓ Most men will need re-insertion of their pellets 5-6 months after initial insertion
- ✓ Call as soon as symptoms that were relieved from the pellets start to return to make an appointment for re- insertion.