

Female Post-Pellet Insertion Instructions

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after 3 to 4 hours. It **must** be removed as soon as it gets wet. You may replace it with a bandage to catch any anesthetic that may ooze out. The inner layer is either waterproof foam tape or steri-strips. They should be removed in **3 days**. If the tape or steri-strip comes off you may replace it with a band-aid.
- Do not take tub baths or get into a hot tub or swimming pool for **3 days**. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- No major exercises for the incision area for the next **4 days**, this includes running, riding a horse, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. This is normal.
- 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, 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.
- Please call if you have any bleeding (not oozing) or pus coming out of the insertion site that is not relieved by pressure.

REMINDERS

- **New patients - VERY Important!**
- Please go for your post-insertion blood work ***4 weeks*** after your initial pellet insertion.
- Please schedule a lab review appointment 5 weeks after your initial pellet insertion so we can review your post-insertion lab results. There is no charge for this office visit.
- On average, females need pellet insertions every ***4 months*** after their initial insertion.
- Please call to make an appointment for a re-insertion as soon as symptoms that were relieved from the pellets start to return. The charge for the second visit will be only for the insertion and not a consultation.

A significant hormonal transition will occur in the first 3-6 weeks after beginning your BHRT regime.Therefore, certain changes might develop that can be bothersome.

FLUID RETENTION: Testosterone stimulates the muscle to grow and retain water, which may result in aweight change of two to five pounds. This is only temporary. This happens frequently with the firstinsertion, and especially during hot, humid weather conditions.

SWELLING OF THE HANDS & FEET: This is common in hot and humid weather. It may be treated bydrinking lots of water, reducing your salt intake, taking c ider vinegar capsules daily, (found at mosthealth and food stores) or by taking a mild diuretic, which the office can prescribe.

UTERINE SPOTTING/BLEEDING: This may occur in the first few months after an insertion, especiall y ifyou have been prescribed progesterone and are not taking properly: i.e. missing doses, or not taking ahigh enough dose. Please notify the office if this occurs. Bleeding is not necessarily an indication of asignificant uterine problem. More than likely, the uterus may be releasing tissue that needs to b eeliminated. This tissue may have already been present in your uterus prior to getting pellets and isbeing released in response to the increase in hormones.

MOOD SWINGS/IRRITABILITY: These may occur if you were quite deficient in hormones. They willdisappear when enough hormones are in your system.

FACIAL BREAKOUT: Some pimples may arise if the body is very deficient in testosterone. This lasts ashort period of time and can be handled with a good face cleansing routine, astringents and tone r. Ifthese solutions do not help, please call the office for suggestions and possibly prescriptions.

HAIR THINNING: Is VERY rarely caused by the addition of hormones, including testosterone. More often a woman's hair has been thinning or dormant for a long time because of the lack of hormones. Once hormone therapy begins, the hair follicles wake up and begin to do their job- shed old hair and grow new hair. This can last several weeks and be very disconcerting, but rest assured it is normal and is a sign of healthy metabolism. Supplements and over the counter topical Rogaine helps slow down the shed stage and may be helpful. Your provider may also have other topical options available during this transition to lessen the shedding.

HAIR GROWTH: Testosterone may stimulate some growth of hair on your chin, chest, nipples and/orlower abdomen. This tends to be hereditary. You may also have to shave your legs and arms moreoften. Dosage adjustment may reduce the problem but rarely will eliminate it

I acknowledge that I have received a copy and fully understand the instructions on this form. *

- ○ Yes
- ○ No

First Name: *

Last Name: *

Date *

MM/DD/YYYY

Signature *