



BIOIDENTICAL HORMONE REPLACEMENT PELLETT FOR WOMEN

POST INSERTION INSTRUCTIONS FOR WOMEN

- ❖ It is recommended to put an ice pack on the insertion site 2-3 times following the procedure for about 20 minutes each time.
- ❖ Your insertion site is covered with a bandage. Please leave the outer pressure bandage on for at least 3-4 hours. There is a waterproof foam bandage or steri-strips that should not be removed for at least 2 days following the procedure.
- ❖ Do **NOT** take tub baths or get into a hot tub for 2 days. Do **NOT** scrub the site for at least one week.
- ❖ **NO** heavy lifting, exercise that causes impact or vigorous exercise for 4-5 days.
- ❖ The sodium bicarbonate in the anesthetic may cause swelling for 1-3 days.
- ❖ The site may be uncomfortable for up to 2-3 weeks. You may have bruising, swelling, and/or redness of the insertion site which may last from a few days to a few weeks.
- ❖ You may experience some light bleeding from the incision. This is normal and can be relieved by firm pressure for 5 minutes. If you continue to have bleeding (that is not relieved by pressure) and/or pus coming from the insertion site, please call the AgeWell office at 806-683-6813.

WHAT TO EXPECT AFTER PELLETT INSERTION

The first four weeks following pellet insertion your body will transition to new hormone levels. You may notice:

- ❖ **FLUID RETENTION:** Testosterone stimulates the muscle to grow and retain water which can result in a weight change of several pounds. This initial retention 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 alleviated in most cases by drinking lots of water.
- ❖ **MOOD SWINGS/IRRITABILITY:** These may occur if you were significantly deficient in hormones. Once your hormones are at more appropriate levels these will disappear.
- ❖ **FACIAL BREAKOUT:** Some pimples may arise if the body is very deficient in testosterone. This is likely temporary and can be managed with good skincare routine and/or an astringent. If this does not clear up your symptoms please call the office for further management.
- ❖ **HAIR LOSS:** While this is rare, we would like to know if this becomes a significant issue for you. When testosterone is converted to DHT it can cause hair loss. We can typically reduce or eliminate the problem with a dose adjustment of testosterone.
- ❖ **HAIR GROWTH:** Testosterone may stimulate growth of hair on your chin, chest, nipples or abdomen. Additionally you may have to shave your legs and arms more often. As with hair loss, a dosage adjustment generally reduces or eliminates the problem.
- ❖ **UTERINE SPOTTING/BLEEDING:** The first few months after pellet insertion you may notice some spotting. This is especially true if you have been prescribed progesterone and are not taking it as directed. Please notify our office if this occurs. Bleeding is not necessarily an indication of a significant problem, but we need to evaluate your symptoms. Most commonly, the uterus is managing tissue that was present in the uterus prior to receiving bioidentical hormone replacement therapy with pellets.

I acknowledge that I understand the instructions on this form, have had my questions answered and have received a copy of this form.

Print Name

Signature

Date

