



Bio-Identical Hormone Pellet Therapy

Post Insertion Instructions for Women

After your procedure:

- Remove bandage any time **after 72 hours**. The steri-strips should fall off on their own. If they are still there at 2 weeks remove them. **Do not rub the area after insertion.**
- We recommend putting an ice pack on the insertion area a couple of times for about 20 minutes each time over the next 4 to 5 hours
- **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 strenuous exercises for the next 3 days**, this includes running, horse riding, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- 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 mg. orally every 6 hours. **Caution this can cause drowsiness!**
- 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 and an ice pack for 5 minutes.
- Please **call our office if you have any heavy incision bleeding not relieved with pressure** (not minimal oozing), as this is NOT normal.
- Your breasts may be tender, which is NORMAL due to increase in estrogen. This will subside in time but **you can take daily Vitamin E and 1g oral primrose oil daily for breast pain.** You can find primrose oil capsules at Sprouts, HEB or on Amazon.
- 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.
- **This is a minor surgical procedure in that we are making a small incision in your skin. It is NOT unusual for scar tissue to be felt under the skin after insertion, redness or small amount of clear liquid discharge. This is NORMAL.**
- Please **ONLY** worry of Temp > 101 or frank pus is coming out of incision. Neosporin and icing the area will help expedite healing.

I acknowledge that I have received a copy of these Post Insertion Instructions for Women and understand the instructions on this form.

Print Name

Signature

Date

Pellet Lab Reminder

You are due to re-check your hormone levels during the week of:

June 15 - June 22

(You do not need to be fasting)

Refer a friend for Bio-Identical Hormone Therapy and Receive \$25 off your next pellet.