

## Post-Insertion Instructions

Your insertion site has been covered with two layers of bandages. The inner layer is a steri-strip and the outer layer is a waterproof dressing. The waterproof dressing can be removed in 3 days or redressed if you prefer. The steri strip can be removed in 5 days or will fall off on its own in 7-10 days. No tub baths, hot tubs, or swimming pools for **7 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 7 days.** This includes running, elliptical, squats, lunges, etc. You can do moderate upper body work and walking. The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. 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. If there is increased redness with warmth and pain, please notify our office immediately as this could be a sign of infection. Please call if you have any bleeding (not oozing) not relieved with pressure, as this is NOT normal. Please call if you have any pus coming out of the insertion site, as this is NOT normal.

### Reminders:

Remember to go for your post-insertion blood work **6 weeks** after the insertion. **This is important ESPECIALLY if you don't feel your best.** Dosage adjustments are made based on post-insertion blood work. Most people who don't feel better, just need more hormones. We won't know how much to increase it without the bloodwork. Most women will need re-insertion of their pellets **3-5 months** after their initial insertion. Most men will need re-insertions of their pellets **4-6 months** after their initial insertion.

Signature \_\_\_\_\_

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