



Pacific Clinic

Hormone Pellet Insertion

Post-Procedure Instructions

Pellet Insertion Site:

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after 24 hours. The inner layer should be removed after 3-5 days.
- We recommend putting an ice pack on the insertion area a couple of times for about 20 minutes each time over the next 4-5 hours.
- 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 2-3 weeks.
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days to up to 2-3 weeks.

Showering/Bathing:

- Do not take tub bath 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).

Exercise:

- No major exercises for the incision area for the next 3 days.
- This includes running, elliptical, squats, lunges, etc.

Symptom Management:

- *Itching*
 - If there is itching or redness, you may take Benadryl 50mg orally every 6 hours. This can cause drowsiness.
 - You can also try Zyrtec or Claritin during the day if preferred.
- *Bleeding*
 - You may notice some pinkish or bloody discoloration on the outer bandage; this is normal. If you experience bleeding from the incision, apply firm pressure for 5 minutes.
 - Please call if you have bleeding not relieved with pressure (not oozing), as this is NOT normal.



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➤ *Infection*

- Please call if you have any pus coming out of the insertion site, as this is NOT normal and could indicate an infection.
- You should be evaluated in a local Urgent Care or Emergency Room if you are having a fever > 100 F and pus-like drainage from the pellet incision site.
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➤ *Pain*

- Tylenol
 - 325mg 1-2 tabs every 6hrs as needed for pain
 - 500mg 1-2 tabs every 6hrs as needed for pain
- NSAIDs
 - Ibuprofen 200mg 2-3 tabs every 6hrs as needed for pain (take w/ food & water)
 - Aleve 220mg 2 tabs every 12hrs as needed for pain (take w/ food & water)

Follow Up:

- Reminders: Remember to go for your post-insertion blood work 6 weeks after the insertion.
- Women
 - need a re-insertion of their pellets at 3-4 months
- Men
 - need a re-insertion at about 4-5 months
- Please call as soon as the symptoms that were relieved from the pellets start to return to make an appointment for a re-insertion.