



Elite Health Center

POST-PELLET INSERTION INSTRUCTIONS

- Your insertion site has been covered with 2 layers of bandages. **Remove the outer clear pressure bandage and gauze after 24 hours.** Do not remove the steri-strips. The steri -strips will fall off within 5-7 days. If they do not fall off by the 7th day you may remove them.
- We recommend applying an ice pack to the insertion site for 10-15 minute intervals 2-3 times during the first 24 hours.
- **DO NOT SUBMERGE BODY IN WATER SUCH AS THE BATHTUB, HOTTUB, SWIMMING POOL, OR LAKE FOR 5 DAYS POST INSERTION. YOU MAY SHOWER WITHIN 24 HOURS.**
- **NO MAJOR EXERCISE FOR 3 DAYS.** -this includes running, lunges, squats, any weightlifting including glutes, or horse back riding.
- You may experience mild pain and swelling. You can take ibuprofen as directed for the pain as needed.
- Itching and redness may occur at the site. You may take Benadryl as directed for itching.
- You may experience a mild amount of drainage from the site. Please notify the office if it persists beyond 24 hours.
- **Call the office immediately if you experience fever, chills, increased pain, increased redness, increased swelling, or increased drainage.**

REMINDERS

AFTER YOUR FIRST PELLETT INSERTION YOU WILL BE REQUIRED TO DO LAB WORK 6 WEEKS POST INSERTION TO CHECK HORMONE LEVELS. ADDITIONAL LAB REQUIREMENTS WILL BE DETERMINED BY DR BAILEY DURING THE COURSE OF YOUR THERAPY.

PELLETS GENERALLY LAST 3-4 MONTHS FOR WOMEN AND 5-6 MONTHS FOR MEN. PLEASE BOOK YOUR NEXT APPOINTMENT ACCORDINGLY.