



# Hormone Replacement Therapy (HRT) Instructions

*Includes Pellet, Injectable, Oral, Transdermal, and Sublingual Forms*

## Before Treatment

### 1. Initial Evaluation:

- A comprehensive **medical consultation and lab evaluation** are required before starting therapy.
- Your provider will review:
  - Hormone levels (estrogen, progesterone, testosterone, DHEA, thyroid, cortisol)
  - Complete blood count, liver and kidney function
  - Lipid profile and glucose levels
- Inform your provider of any history of:
  - **Breast, ovarian, or prostate cancer**
  - **Blood clots, stroke, or heart disease**
  - **Liver disease**
  - **Unexplained vaginal bleeding**
  - **Sleep apnea or severe acne**
- Bring a list of all **current medications and supplements** to your appointment.

### 2. One Week Prior to Pellet or Injectable Therapy:

- Avoid **aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, and other blood-thinning supplements**, unless prescribed by your physician.
- Avoid **alcohol** for 48 hours before treatment.
- Stay **well hydrated** and eat a light meal before your appointment.
- If you have an **active infection, rash, or open wound** near the planned insertion or injection site, reschedule your appointment.
- For women: schedule your pellet insertion **one week after your menstrual period** for optimal timing.

## Day of Treatment

### For Pellet Therapy:

- Arrive with **clean skin** at the insertion area (typically the upper buttock or hip).
- Wear **loose-fitting clothing** for comfort.
- The area will be numbed with local anesthesia, and a small incision (about ¼ inch) will be made for pellet placement.
- The incision will be closed with Steri-Strips or sutures and covered with a small bandage.
- The entire procedure takes about **10–15 minutes**.

### For Injectable, Oral, Transdermal, or Sublingual Therapy:

- Take or apply medications **as directed** by your provider.
- If receiving an injection, expect mild tenderness at the injection site for 24–48 hours.
- Do not skip or double doses — follow the prescribed schedule exactly.

## After Treatment

### Pellet Therapy Aftercare:

#### 1. First 24 Hours:

- Keep the bandage **clean and dry**.
- Avoid **bathing, swimming, or submerging the area** in water. Showering is allowed after 24 hours.
- Apply an **ice pack** (wrapped in a clean cloth) to the area for 10–15 minutes every hour as needed for soreness.

#### 2. First 3–5 Days:

- Avoid **strenuous lower-body exercise** (running, squats, lunges, cycling) to allow the incision site to heal.
- Do not remove Steri-Strips — they will fall off naturally within 7–10 days.
- You may experience mild **bruising, tenderness, or itching** at the insertion site.

#### 3. Healing and Hormone Onset:

- Hormones begin releasing gradually — most patients notice changes in **1–2 weeks**, with optimal effects at **4–6 weeks**.
- Men's pellets typically last **4–6 months**; women's last **3–4 months**.

### Injectable Therapy (e.g., Testosterone Cypionate, Estradiol Injections):

- Mild soreness or redness at the injection site is normal; rotate injection sites weekly.
- Avoid strenuous exercise for 24 hours post-injection.
- Never reuse needles; dispose of them in a **sharps container**.
- Do not inject if the solution appears cloudy or contaminated.

### Oral, Transdermal, and Sublingual Therapy:

- Take medications **at the same time each day** for consistent hormone levels.
- Apply creams or gels to **clean, dry skin**, avoiding contact with children or partners until fully absorbed.
- Do not apply near breasts, genitals, or broken skin unless instructed.
- For patches, rotate application sites and replace according to schedule.

## What to Expect

### Common Temporary Reactions:

- Mild fluid retention or bloating
- Breast or nipple tenderness

- Increased energy or mild fatigue as hormones rebalance
- Mood changes or mild irritability
- Changes in libido
- Slight acne flare-ups during early adjustment

These typically resolve within **2–4 weeks** as hormone levels stabilize.

## Monitoring and Follow-Up

### 1. First Follow-Up:

- Schedule a lab recheck and follow-up **4–6 weeks after starting or adjusting therapy**.
- Your provider will evaluate hormone levels, symptoms, and dosage needs.

### 2. Routine Maintenance:

- Ongoing labs every **3–6 months** ensure safety and proper balance.
- For pellet patients, re-insertion typically occurs every:
  - **3–4 months for women**
  - **4–6 months for men**

### 3. Notify Your Provider If You Experience:

- Breast tenderness or swelling
- Persistent acne or hair growth changes
- Severe mood swings or irritability
- Unusual bleeding or spotting
- Leg swelling, chest pain, or shortness of breath (seek immediate medical attention)

## Lifestyle and Optimization Tips

Stay **well hydrated** — aim for 64 oz+ of water daily.

Follow a **high-protein, low-processed, whole-food diet** to support metabolism.

Maintain **regular exercise** (cardio + resistance training).

Manage **stress and sleep** — aim for 7–9 hours nightly.

Avoid **smoking and excessive alcohol**, as they can interfere with hormone metabolism.

Use **sunscreen** and maintain healthy skincare, as hormones can affect oil production and pigmentation.

## Results Timeline

- Early symptom improvement is often noticed within **1–2 weeks**.
- Optimal results occur at **6–8 weeks** as hormone levels stabilize.
- Full benefits include:
  - Increased energy and libido
  - Improved mood and sleep
  - Enhanced muscle tone and bone strength
  - Better cognitive focus and metabolism

## **Follow-Up Schedule**

- **Pellets:** Every 3–6 months
- **Injectables:** Every 1–4 weeks
- **Transdermal/Oral:** Monthly or as directed
- **Labs:** 4–6 weeks after any dose change, then every 3–6 months

**Always contact your provider immediately if you experience:**

- Unusual bleeding, pain, or swelling at injection/insertion site
- Severe mood or behavior changes
- Chest pain, shortness of breath, or vision changes