



## POST-CARE and WHAT MIGHT OCCUR AFTER A PELLET Male

Please continue to wear your bandage for 24 hours. Do not shower today and do not get into a tub, pool, hot tub, etc. for 7 days. Do not exercise for 3 days and nothing with extensive glut work (running, elliptical, lunges, squats) for 7 days. Please leave the entire bandage on for 7 days. You have an ice pack above the bandage at the site of the pellets. Refreeze this a couple of times today and tomorrow and re-apply it. You might see some evidence of bleeding under the gauze but it should not be significant. You can have some edema at the site and you will likely have soreness. If you have any symptoms other than these, please call the office.

What can happen later after insertion:

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

- **FLUID RETENTION:** Testosterone stimulates the muscle to grow and retain water which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.
- **SWELLING of the HANDS & FEET:** This is common in hot and humid weather, It may be treated by drinking lots of water, reducing your salt intake, taking cider vinegar capsules daily, (found at most health and food stores) or by taking a mild diuretic, which the office can prescribe.
- **MOOD SWINGS/IRRITABILITY:** These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system.
- **FACIAL BREAKOUT:** Some pimples may arise if the body is very deficient in testosterone. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.
- **HAIR LOSS:** Is rare, and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases.



- **HAIR GROWTH:** Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary.
- **Extrusion:** Occasionally, pellets will work their way out through the skin. It will be sensitive at the site of extrusion. Please call the office if this occurs and we will schedule to replace the pellet at no charge
- If you have any other symptoms or problems with the insertion site, please call the office.



I have received and read **POST-CARE and WHAT MIGHT OCCUR  
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Patient Signature

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Date