

## Hormone Pellet Post-Insertion Instructions

Your insertion site has been covered with three types of dressings:

1. The inner layers are "Steri-Strips" that hold the skin edges together.
2. The middle layer is gauze to put pressure on the incision site.
3. The outer layer is a transparent, waterproof dressing called "Tegaderm".

You may remove the dressings on:

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

### **Important Rules:**

To reduce soreness, apply an ice pack to the area for 15-20 minutes.

You may experience bruising, swelling and/or redness near the insertion site.

It is not unusual to have pinkish or bloody discoloration of the gauze or outer dressing.

Apply firm pressure over the dressing for five minutes if active bleeding occurs.

Avoid scrubbing the insertion site until the incision is healed (1 week).

NO hot tubs, baths, saunas or pools while dressings are on.

Showering is fine.

Women should limit exercise for 2-3 days. Walking on a flat surface is permitted.

Men should not exercise for 5-7 days. Walking on a flat surface is permitted.

Regular exercise may resume on:

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

The insertion site may be uncomfortable for up to 2-3 weeks, especially if you return to a vigorous exercise program.

### **Please call the clinic at 970-223-0193 if any of the following occurs:**

Redness persists longer than one week after the insertion.

Redness develops more than a week after insertion.

The area around the insertion site is warm or increasing in discomfort.

A yellowish discharge is draining from the insertion site.

Our hormone staff can address any questions that may arise with your treatment.

Please have your labs rechecked:

- 4 weeks after your insertion
- 2 weeks prior to your next insertion
- Yearly
- Other:

***We will remind you via email or phone when it is time to have your labs drawn!***