

Desert Jewel Obstetrics & Gynecology

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Instructions Following Insertion of Hormone Pellet Implants

_____ Avoid vigorous physical activity for 3 days

- Stair Stepper, elliptical cross trainer, cycling or any activity that uses gluteal muscles should be avoided

_____ You may remove the white gauze dressing and shower the next day

_____ Remove the skin tapes (steri-strips) in 5-7 days

_____ An ice pack applied for 1-2 hours following the procedure may minimize swelling and discomfort

_____ You may have some mild redness around the small incision. This is normal

_____ Mild discomfort for up to 72 hours following the procedure is also normal

_____ Infection is very rare. However, if the redness and swelling increase after 48 hours you may have a minor skin infection or bruising

- Apply a warm heating pad twice daily for 10 to 15 minutes or as needed. You may also use a warm washcloth,

_____ Very rarely, a patient will develop local zone redness (3-8 cm) and itching at the site of the testosterone Implant. There is minimal or no tenderness and no other sign of infection.

_____ You may take Motrin or Tylenol for discomfort

_____ YOU MUST GET YOUR BLOODWORK RECHECKED IN 5 WEEKS AND FOLLOW UP WITH US IN 6 WEEKS FOLLOWING YOUR FIRST INSERTION.