

Desert Jewel Wellness

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Instructions Following Insertion of Hormone Pellets

- Avoid vigorous activity for 3 days (Anything that involves gluteal muscles should be avoided, i.e. stair stepper, elliptical, cycling, etc.)
- You may remove the tape and white gauze dressing and shower the next day.
- Remove the skin tapes (steri-strips) in 5 to 7 days.
- An ice pack applied for 1 to 2 hours following the procedure may minimize swelling and discomfort (30 minutes at a time only).
- You may have some mild redness around the incision. This is normal.
- Mild discomfort for up to 72 hours following the procedure is normal.
- Infection is very rare. However, if the redness and swelling increase after 48 hours you may have a minor skin infection or bruising. Applying 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 can develop local zone redness (3-8cm) and itching at the incision site. There is minimal or no tenderness and no other sign of infection.
- You may take Ibuprofen or Acetaminophen for discomfort.
- If given Estrogen pellets and you still have a uterus you will need to start Progesterone. A prescription will be sent to Civic Center Pharmacy for you.

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