



Post-Insertion Instructions

Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after 24 hours. The inner layer should be removed after 3-5 days.

We recommend putting an ice pack on the insertion area a couple of times for about 20 minutes each time over the next 4-5 hours.

Do not take tub bath or get into a hot tub or swimming pool for 3 days. You may shower, but do not scrub the site until the incision is well healed (about 7 days).

No major exercises for the incision area for the next 3 days. This includes running, elliptical, squats, lunges, etc.

The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.

The insertion site may be uncomfortable for up to 2-3 weeks. If there is itching or redness, you may take Benadryl 50mg orally every 6 hours. This can cause drowsiness. You can also try Zyrtec or Claritin during the day if preferred.

You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2-3 weeks.

You may notice some pinkish or bloody discoloration on the outer bandage; this is normal.

If you experience bleeding from the incision, apply firm pressure for 5 minutes. Please call if you have bleeding not relieved with pressure (not oozing), as this is NOT normal

Please call if you have any pus coming out of the insertion site, as this is NOT normal and could indicate an infection.

Reminders:

Remember to go for your post-insertion blood work **6 weeks** after the insertion.

Most women need a re-insertion of their pellets at 3-4 months, and men need a re-insertion at about 4-5 months.

Please call as soon as the symptoms that were relieved from the pellets start to return to make an appointment for a re-insertion.

Additional instructions: _____

I acknowledge that I received a copy and understand the instructions on this form.

Patient Signature: _____ Date: _____