

POST-PELLET INSERTION INSTRUCTIONS

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage anytime after 72 hours. The inner layer (steri-strips) will come off on their own, but may be removed if still in place after 5 days.
- Do not take tub baths or get into a hot tub or swimming pool for 3 days after insertion. You may shower, but should not submerge your dressing in water.
- You may notice pink or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- No heavy lifting or major exercises for the incision area for 4-7 days. This includes squats, kettlebells, lunges, long distance running, skiing, etc.
- The insertion site may swell for 1-3 days. You may also experience bruising, or redness, which may last up to 2-3 weeks.
- The insertion site may be uncomfortable for up to 2 weeks. Tylenol may be used to help with discomfort.
- Ice packs may be utilized at 20 minute intervals, where pellets are located, a couple of times 4-5 hours following insertion. Be sure to place something between skin and ice packs.
- Please call our office if:
 - you have heavy bleeding not relieved by pressure.
 - you have pus coming out of the insertion site.
 - the insertion site appears to look like a pimple
- **REMINDERS:**
 - Labwork is due 6 weeks after initial insertion.
 - Most women require re-insertion of pellets every 3-4 months.
 - Most men need re-insertion of pellets every 5-6 months.