

PATIENT INSTRUCTIONS

PELLET INSERTION

Before Pellet Insertion

- **One week before the procedure**, stop taking all blood thinners such as NSAIDs, Plavix, Naproxen Sodium, ibuprofen, aspirin, etc. Consult with your physician if you are required to take any of these daily.
- **One week before the procedure**, stop taking all dosages of Vitamin E and Fish Oil that are higher than 1,000 mg per day.
- **Three days before the procedure** (optional), dissolve four tablets of *Boiron® Arnica Montana* under the tongue 4x daily to reduce or prevent bruising.

After Pellet Insertion

- Your insertion site is covered with two layers of bandages. Remove the outer pressure bandage any time after 24 hours. It must be removed as soon as it gets wet. You may replace it with a bandage to catch any anesthetic that may ooze out. The inner layer will be a waterproof foam tape or Steri-Strip™. Either should be removed in 5-6 days.
- **Soreness & Discomfort** The insertion site may be uncomfortable for up to 2-3 weeks. You may apply an ice pack in 20-minute intervals for 4-5 hours after insertion.
- **Redness & Itching** Some redness or itching near the insertion incision is normal. You may take 50 mg of *BENADRYL®* for relief.
- **Bathing** Do not soak in a tub, bath, hot tub, or swimming pool for 5 days. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- **Physical Activity** Avoid vigorous physical activity for 3 days (women), 5 days (men). Stair stepper, elliptical cross trainer, cycling, or any activity that uses the gluteal muscles is prohibited.
- **Bruising** (optional) Continue the use of *Boiron® Arnica Montana* for another 4-5 days to minimize bruising.

Uncommon Symptoms

If you experience bleeding from the incision site, apply firm pressure for 5-minutes. If bleeding is not relieved with pressure (or is oozing), this is NOT normal.

Call your doctor if the incision continues to bleed or if pus is coming from the insertion site. This is NOT normal.

FREQUENTLY ASKED QUESTIONS

FAQs

What Results Can I Expect From This Treatment?

- Increased Mental Focus & Clarity
- Reduced Feelings of Irritability
- Relief from Anxiety and Depression
- Greater Energy
- Ability to Get Fit or Gain Muscle
- Enhanced Libido and Stamina

How Are Pellets Implanted?

The insertion of pellets is a simple, relatively painless procedure done under local anesthesia. The pellets are usually inserted in the lower abdominal wall or hip through a small incision which is taped closed. Experience of the health care professional counts; not only in placing the pellets but in determining the correct dosage of hormones to be used.

What Are the Side Effects?

When a patient first starts hormone therapy, there may be mild, temporary breast tenderness; which gets better on its own. Hormone receptors may be very sensitive and take time to adjust. There may be a temporary water weight gain which will also resolve on its own. The body will tone up, as bone density and muscle mass increase and fatty tissue decrease. Patients may experience a mild form of "puberty" as their hormonal levels come up into normal ranges.



UNDERSTANDING HORMONES

WHAT YOU SHOULD KNOW

Balance Is Essential

Hormones and hormonal balance are vital to your health and wellbeing. Maintenance is necessary and on-going. Symptoms of imbalance will not subside on their own.

Care Is Personal

No two people are alike. Having a well-versed expert to chart a course of action and administer personalized care is essential.

Better Than the Alternative

Bio-identical hormones are plant-based compounds specially formulated to mimic the hormones naturally produced in the human body. The alternative—synthetic pharmaceutical hormones—can not act as nature does and are an imperfect option.

Experts You Can Trust

Our pellets are made by qualified compounding pharmacists. The pharmacy works collaboratively with our team and you to provide the best possible therapy options available.

You Are in Control

Treating hormone deficiency is a collaborative effort. Together we will work to create the therapy and lifestyle that supports the level of activity and joy that you want to experience daily.

