

# PREMIER WOMEN'S HEALTH, LLC

## HORMONE FEMALE: POST INSERTION INSTRUCTIONS

Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage (gauze) any time after 3 to 4 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. There are steri strips across the insertion site. They should be removed in 4 days. If the tape or steri-strip comes off you may replace it with a band-aid. Do not take tub baths or get into a hot tub or swimming pool for 4 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 4 days, this includes running, riding a horse, etc. The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. This is normal. The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief, 25 mg orally every 6 hours. Please take caution as this can cause drowsiness.

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

You may notice some pinkish or bloody discoloration of the outer bandage. This is normal. If you experience bleeding from the incision, apply firm pressure for 5 minutes. Please call if you have any bleeding (not oozing) or pus coming out of the insertion site.

### REMINDERS

New patients - VERY Important!

Please go for your post-insertion blood work 4 weeks after your initial pellet insertion.

Please schedule a lab review appointment 5 weeks after your initial pellet insertion so we can review your post-insertion lab results and evaluate your improvement in symptoms.

On average, females need pellet insertions every 4 months after their initial insertion.

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

The charge for the second visit "Boost" will be only for the office visit. If a boost of pellet HRT is warranted by your provider, there is not an additional pellet charge.

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## HORMONE PELLETT

### FEMALE: WHAT MIGHT OCCUR

A significant hormonal transition will occur in the first 3-6 weeks after beginning your BHRT regime. Therefore, certain changes might develop that can be bothersome.

**FLUID RETENTION:** Testosterone stimulates the muscle to grow and retain water, which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.

**SWELLING OF THE HANDS & FEET:** This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, taking cider vinegar capsules daily, (found at most health food stores) or by taking a mild diuretic, which the office can prescribe.

**UTERINE SPOTTING/BLEEDING:** This may occur in the first few months after an insertion, especially if you have been prescribed progesterone and are not taking it properly: i.e. missing doses or not taking a high enough dose. Please notify the office if this occurs. Bleeding is not necessarily an indication of a significant uterine problem. More than likely, the uterus may be releasing tissue that needs to be eliminated. This tissue may have already been present in your uterus prior to getting pellets and is being released in response to the increase in hormones.

**MOOD SWINGS/IRRITABILITY:** These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system.

**FACIAL BREAKOUT:** Some pimples may arise if the body is very deficient in testosterone. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possible prescription.

**HAIR THINNING:** Is VERY rare and usually occurs in patients who over-convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in these rare cases.

**HAIR GROWTH:** Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary. You may also have to shave your legs and arms more often. Dosage adjustment generally reduces or eliminates the problem.

