

## Instructions Following Insertion of Hormone Pellet Implants

- Avoid vigorous physical activity for 2 days (women), 7 days (men).
  - Stair stepper, elliptical cross trainer, cycling or any activity that uses the gluteal muscles should be avoided.
- You may remove the white gauze dressing and shower the next day.
- Remove the skin tapes (steri-strips) in 5-7 days.
- An ice pack applied for 1-2 hours following the procedure may minimize swelling and discomfort.
- You may have some mild redness around the small incision. This is normal.
- Mild discomfort for up to 72 hours following the procedure is also normal.
- Infection is very rare. However, if the redness and swelling increase after 48 hours you may have a minor skin infection or bruising.
  - Apply a warm heating pad twice daily for 10 to 15 minutes or as needed. You may also use a warm washcloth.
  - You may need to fill the prescription below for antibiotics (Keflex).
  - If you are allergic to penicillin or cephalosporin, let the office know and a prescription for a different antibiotic will be given.
- Very rarely, a patient will develop local zone of redness (3-8 cm) and itching at the site of the hormone implant. There is minimal or no tenderness and no other sign of infection.
- Call the office for any questions or concerns.