

POST-PELLET AFTERCARE FOR MEN

BIOTE PELLETING POST-INSERTION INSTRUCTIONS

1. Your insertion site has been with two layers of bandages. You may remove the outer pressure bandage any time after 48 hours. It must be removed if the inner bandage gets wet.
2. The inner layer (the steri strips) should stay in place until they begin to fall off (usually a few days post insertion).
3. **Do not take baths or get into a hot tub or swimming pool for 7 days.** You may shower, but DO NOT remove the bandage and steri strips for at least 7 days.
4. No heavy, lifting, or major exercises for the incision area for the next 7 days, which includes running, elliptical, squats, lunges, etc. You can do moderate upper body work and normal walking on a flat surface.
5. 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 (50 mg orally every 6 hours). Caution: this can cause drowsiness!
6. 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. If the redness worsens after the first 2 to 3 days, please contact the office.
7. You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
8. If you experience bleeding from the incision, apply firm pressure for 5 minutes.
9. Please call if you have any bleeding not relieve the pressure not using, as this is NOT normal.
10. Please call if you have any pus coming out of the insertion site, as this is NOT normal.
11. We recommend putting an ice pack on the area where the pellets are located a couple times a day for about 20 minutes each time over the next 4 to 5 hours. You can continue this for swelling, if needed. Be sure to place something between the ice pack in your bandages/skin. Do not place ice packs directly on their skin.

Reminders:

Remember to have your post in certain blood work done 8 weeks after your first insertion. If you are not feeling any better by four weeks, please call the office to have your labs drawn early.

Most men will need reinsertion of their pellets 4-5 months after their initial insertion. If you experience symptoms prior to this, please call the office.

We encourage that your next appointment be made while in office to ensure continuity of care.

Please notify The Alchemy Clinic at the office 603-206-5804 or text 978-666-9488 if you are experiencing concerns related to your procedure.

POST-PELLET AFTERCARE FOR WOMEN

BIOTE PELLETTING POST-INSERTION INSTRUCTIONS

1. Your insertion site has been with two layers of bandages. You may remove the outer pressure bandage any time after 48 hours. It must be removed if the inner bandage gets wet.
2. The inner layer (the steri strips) should stay in place until they begin to fall off (usually a few days post insertion).
3. **Do not take baths or get into a hot tub or swimming pool for 3-4 days.** You may shower, but do not remove the bandage and steri strips for at least 4 days.
4. No heavy, lifting, or major exercises for the incision area for the next 3 to 4 days, which includes running, elliptical, squats, lunges, etc.
5. 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 to 50 mg orally every six hours). Caution: this can cause drowsiness!
6. 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. If the redness worsens after the first 2 to 3 days, please contact the office.
7. You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
8. If you experience bleeding from the incision, apply firm pressure for 5 minutes.
9. Please call if you have any bleeding not relieve the pressure not using, as this is NOT normal.
10. Please call if you have any pus coming out of the insertion site, as this is NOT normal.
11. We recommend putting an ice pack on the area where the pellets are located a couple times a day for about 20 minutes each time over the next 4 to 5 hours. You can continue this for swelling, if needed. Be sure to place something between the ice pack in your bandages/skin. Do not place ice packs directly on their skin.

Reminders:

Remember to have your post in certain blood work done eight weeks after your first insertion. If you are not feeling any better by four weeks, please call the office to have your labs drawn early.

Most women will need reinsertion of their pellets 3 to 4 months after their initial insertion. If you experience symptoms prior to this, please call the office.

We encourage that your next appointment be made while in office to ensure continuity of care.

Please notify The Alchemy Clinic at the office 603-206-5804 or text 978-666-9488 if you are experiencing concerns related to your procedure.