

## Pellet Insertion Care Instructions for Men

- ❖ Your insertion site has been covered with two layers of bandages: The innermost layer contains a steri-strip that adheres to and holds the edges of the incision together. Gauze pads are then placed on top of the steri-strip to collect any blood or fluid that may drain from the incision. The outermost layer is a transparent waterproof dressing known as Tegaderm. **Do not disturb this dressing for 7 days.**
- ❖ We recommend applying an ice pack for 20-minute intervals for several hours following your procedure; this will help decrease pain, swelling and inflammation. Place the frozen pack next to the dressing towards the outside of the hip (lateral to the dressing), this is where the pellets lie. You can continue applying ice packs as needed for the first couple of days to alleviate swelling or discomfort. Do NOT place a frozen pack directly on bare skin, wrap one layer of Kleenix tissue around the pack before placing it against your skin.
- ❖ **No tub baths, hot tubs, or swimming pools for 7 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 7 days.** This includes running, elliptical, squats, lunges, etc. You can do moderate upper body work and walking.
- ❖ The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. The insertion site may be uncomfortable for up to 2-3 weeks. This is normal.
- ❖ If there is itching or redness you may take Benadryl 25-50 mg every 6 hours for relief (caution- may cause sedation).
- ❖ For discomfort you may take over the counter strength Tylenol or Motrin as directed on the container. You may also apply lidocaine 4% topical patches to the tender area, this will numb the area for 12 hours (per patch). You may obtain these over the counter at your local pharmacy.
- ❖ You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days to 3 weeks, this is normal
- ❖ You may notice some pinkish or slightly bloody discoloration of the outer bandage, this is normal. If you experience heavy bleeding from the incision site apply firm pressure to the area for 5-10 minutes. If the bleeding does not subside or the dressing becomes completely soaked with blood contact our office or text Dr. Sachdev's mobile phone for assistance.
- ❖ Contact the office if you notice any extreme or increasing redness, swelling, heat or pus draining from the incision site. This may indicate an infection that might warrant treatment with antibiotics.

Please call or message our office at (281) 542-7800 during business hours or text **Dr. Sachdev's mobile phone** (after business hours) if you experience any problems or have concerns about your incision site

### **Reminders:**

- Remember to go for your post-insertion blood work 4 weeks after your 1<sup>st</sup> pellet insertion.
- Follow up in the office 1-2 weeks after your blood work to discuss your response to treatment.
- Schedule your next pellet insertion when you begin feeling symptoms that your hormone levels are falling, typically this occurs 4-6 months after an insertion.

**I acknowledge that I have received a copy and understand the instructions on this form**

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Name

Date

