



## WHAT MIGHT OCCUR AFTER A PELLETT INSERTION

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. 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 and food stores) or by taking a mild diuretic, which the office can prescribe.
- **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 possibly prescriptions.
- **HAIR LOSS:** Is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases.

### Post-Insertion Instructions for Men

- Your insertion site has been covered with two layers of bandages. The inner layer is a steri-strip and the outer layer is a water-resistant dressing (Tegaderm).
- We recommend putting an ice pack on the insertion area a couple of times for about 20 minutes each time over the next 4 to 5 hours. You can continue for swelling if needed. *Be sure to place something between the ice pack and your bandages/skin. Do not place ice packs directly on bare 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.
- **Please keep the steri-strip on your incision for 7 days.** You may take off the op site (Tegaderm) once the gauze in the middle gets wet from the shower.
- 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 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!
- You may also apply a hot pad after two days of the insertion to ease discomfort.
- 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) not relieved with pressure, as this is NOT normal.
- Please call if you have any pus coming out of the insertion site, as this is NOT normal.

**Reminders:**

- Remember to go for your post-insertion blood work **4 weeks** after the insertion.
- Most men will need re-insertions of their pellets **5-6 months** after their initial insertion.
- Please call to make an appointment for re-insertion as soon as symptoms that were relieved from the pellets start to return. The charge for the second visit will be only for the insertion, not a consultation.

**Additional Instructions:**

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**Male Treatment Plan**

- ° The following medications or supplements are recommended in addition to your pellet therapy.
- ° Please refer to the supplement brochure to help you understand why these are beneficial.
- ° Unless otherwise specified, these can be taken any time of day without regards to meals.

**Supplements:** These may be purchased in our office. When you run out they can be mailed to you for your convenience.

\_\_\_\_\_ **ADK 5,000 (vitamins A, D3 and K2)**

\_\_\_\_\_ 1 a day \_\_\_\_\_ 2 a day for \_\_\_\_\_ weeks, then one a day

\_\_\_\_\_ **ADK 10,000 (vitamins A, D3 and K2)**

\_\_\_\_\_ 1 a day \_\_\_\_\_ 2 a day for \_\_\_\_\_ weeks, then one a day

\_\_\_\_\_ **Probiotic** Take 1 a day for one week, then take 2 a day starting week 2

\_\_\_\_\_ **Omega 3** Take 1 -4 soft gels a daily with meal

\_\_\_\_\_ **BioTE Iodine Plus** 12.5 mg daily with food or as directed by physician

\_\_\_\_\_ **DIM** Take 1 in the AM and 1 in the PM

**Prescriptions:** These have been called into your preferred pharmacy

\_\_\_\_\_ Nature-Throid mg every morning. This should be taken on an empty stomach. Please wait 30 minutes before putting anything else on your stomach. This includes coffee, food, medications, vitamins or supplements. \_\_\_\_\_ Sample given

\_\_\_\_\_ Wean off Synthroid/levothyroxine: alternate your desiccated thyroid (Nature-throid) every other day with Synthroid/levothyroxine for 3 weeks then go to every day on your desiccated thyroid.

\_\_\_\_\_ Femara 2.5 mg, ½ pill every 2 weeks

\_\_\_\_\_ Wean off your antidepressant (see wean protocol)

\_\_\_\_\_ (other) \_\_\_\_\_

Please call (720) 532-1856 or email [info@aems.co.com](mailto:info@aems.co.com) for any questions about these recommendations.

