

Male Post Pellet Instructions

- **Dim 300 mg - 2 capsules at bedtime.**
- **Follow up 8 weeks labs if necessary this is critical to dosing**
- **Next pellet in 4-5 months.**
- **Your insertion site has been covered with two layers of bandages. They should not be removed for 7 days.**
- Keep a cold pack on the insertion area for 20 minutes on 20 minutes off for the next 4-5 hours.
- **Do not take baths or use a hot tub and/or swimming pool for 7 days.** You may shower but avoid scrubbing the site until the incision is healed **(about 10 days)**
- **No major exercises for the next 5 days** this includes but is not limited to: running, riding bicycles etc...
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. Don't worry this is normal.
- **The insertion site may be uncomfortable for 2 to 3 weeks. If there is itching or redness please call the office.**
- You may experience bruising, swelling or redness of the insertion site which may last a few days.
- You may notice a pinkish discharge or bloody discoloration of the outer bandage this is normal.
- If you have bleeding from the incision site apply firm pressure for 5 minutes. If the bleeding **(not oozing)** or, if there is pus coming from the site, call the office immediately.
- If necessary you will have made an appointment for blood work 6 weeks after the procedure this is very important for proper dosing of your hormones.
- You pellets may last 5-6 months after the insertion.
- Please call for an appointment, if you do not already have one, as soon as you feel the symptoms the pellets relieved.
- Some other things that may occur are:
 - Fluid retention this is a temporary condition.
 - Swelling of hands and feet this is common in humid weather and can be treated by upping your water intake, reducing your salt intake, taking apple cider vinegar tablets daily, or by taking a mild diuretic the office can prescribe.
 - Mood swings or irritability: these may occur if you were extremely deficient in hormones. This is temporary and will disappear when your hormones reach their peak.
 - Facial breakout: you may experience some pimple if you were very deficient in hormones; this lasts a short period of time and can be handled with a good facial cleanser. If this does not clear it up please call the office for further treatment.
 - Hair loss: this is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment can reduce or eliminate this problem. Prescription medications may be necessary in rare occasions.