



## Post Pellet Procedure Care Instructions

- Avoid vigorous physical activity; especially movement that uses gluteal muscles.
  - Women should avoid vigorous physical activity for 2-3 days.
  - Men should avoid vigorous physical activity for 5-7 days.
- An ice pack applied for 1-2 hours following the procedure may minimize swelling and discomfort.
- Mild discomfort for up to 72 hours following the procedure is normal.
- You may have some mild redness around the incision site which is normal.
- No soaking in a hot tub or swimming pool for one week.
- You may remove the white gauze dressing and shower the next day. Keep the bandage dry for the first 24 hours.
- You may remove the skin tapes (steri-strips) in 5-7 days.
- Infection is very rare. However, if the redness and swelling increases after 48 hours you may have a minor skin infection or bruising. Please contact the office at 920-737-1625 option #2.
- Very rarely, a patient will develop a local zone of redness (3 - 8 cm) and itching at the site of testosterone implant. If there is minimal or no tenderness and no other sign of infection, this is typically treated with an over-the-counter antihistamine.
- Please call the office at 920-737-1625 option #2 for any questions or concerns.