

## Instructions following the insertion of pellet implants

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- Avoid vigorous physical activity for 2 days
  - Stair-stepper, elliptical cross-trainer, cycling or any activity that uses the gluteal muscles should be avoided immediately following the procedure
- You may remove the white gauze dressing and shower the next day
- The skin tapes (steri-strips) may be removed in 5-7 days
- You may have slight redness around the small incision. This is normal.
- Minimal discomfort following the procedure is also normal
- Infection is very rare (1:100 insertions), however if redness and swelling increase after 48 hours, you may have a minor skin infection or bruising
- You may apply a warm washcloth or heating pad to the area following the hormone pellets procedure
- Rarely a prescription for antibiotics (e.g. Keflex) is needed

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