

Pensacola Wellness Solutions
Dr. Kenneth Mitchell
(850) 791-6010

POST-IMPLANT INSTRUCTIONS-FEMALES

Leave the pressure bandage (paper tape and gauze) on for at least two (2) hours. The foam tape underneath should be removed in two (2) days. The steri-strip should be left on and will naturally fall off in 5-7 days after the foam tape is removed.

Do not take a bath, get into a hot tub, or swimming pool for two (2) days. You may shower, but do not scrub the site until the incision is well healed (about seven (7) days).

Avoid vigorous exercise for 72 hours. Walking and easy stair climbing is fine. Avoid running, biking, aerobic games, or yoga for 3 days.

The sodium bicarbonate in the anesthetic may cause some local swelling at insertion site for 1-3 days. Do not worry This is normal.

The site may be uncomfortable for 4-14 days.

Bruising may take up to 3 weeks to resolve. This is normal. Some bleeding or pinkish watery drainage on the day of insertion is common. Put a band-aid over the wound for a few days to catch any oozing that might occur.

You will need to repeat labs (testosterone and estrogen) in 5 weeks. Additional pellets might be recommended in the short term before the next regularly scheduled pellet insertion. Dr. Mitchell will discuss options based on your lab results and symptoms.

Signs or symptoms of infection include fever, the development of a hard painful lump, unusual discharge (pus) draining from the insertion site or persistent bleeding. Please call our office immediately @ 850-791-6010

Labs will need to be performed in 5 weeks after pellet implant. You should have either an appt to return for your follow up labs, or have a lab slip that allows you to go to the lab of your choice. If you are leaving with a lab slip, please call our office to let us know where and when you had your lab work performed so that we may retrieve those results.