



## **PRE & POST PELLETT INSERTION INSTRUCTIONS**

### **Instructions prior to pellet insertion:**

- Stop all aspirin, ibuprofen, anti-inflammatory and other blood thinning products one week prior to insertion.
- Stop any dosages higher than 1000 mg per day of Vitamin E and fish oil one week prior to insertion.
- Be aware that you will be unable to engage in strenuous exercise and water activities for 5-7 days after your pellets are inserted.

### **Instructions after pellet insertion:**

- As stated above, do not engage in strenuous exercise and water activities for 72 hours for women and 5 days for men after your pellets are inserted.
- Do not take a tub bath; get into a hot tub, swimming pool or the ocean for 3 days (5 days for men) after insertion.
- Showers may be taken, but do not scrub the site until the incision is well healed (about 7 days).
- The gauze dressing may be removed 4 hours after implantation.
- The Steri-strip dressing should fall off on its own.
- Ice packs can be used for 2 days after insertion for discomfort & swelling.

### **Possible Side-Effects:**

- The site may be uncomfortable for 2-7 days.
- Strenuous exercise, hot tub and water activities may cause the pellet to come out, especially in the first 72 hours after insertion.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. Do not worry, this is normal.
- Please call if you have any persistent bleeding or drainage coming out of the injection site.