



R U M A
aesthetics

BIOIDENTICAL HORMONE THERAPY /PELLET PLACEMENT PRE AND POST CARE

PRE-TREATMENT CARE:

In preparation of your pellet placement, please adhere to the following instructions for optimal results.

- Please take your morning medications as prescribed. There is no need to skip your medications in preparation of your pellet placement.
- If okayed by your healthcare provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Any antibiotics taken need to be completely finished two weeks prior to pellet insertion.
- You may use Arnica tablets 2-3 days prior to injections to reduce the risk of bruising.
- Stay hydrated, have a full breakfast and feel free to eat and drink normally. This will help provide comfort during your appointment.
- Avoid alcohol and caffeine for at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Separate any dental visit out two weeks before/after any pellet insertion appointment.

POST-TREATMENT CARE:

- Please take the recommended supplements to help with hormone metabolization and to optimize your results of bioidentical hormone replacement therapy (BHRT).
- It is not uncommon to have some discomfort or soreness after pellet placement. You may have swelling for 1-3 days. The insertion site may be uncomfortable for up to 2-3 weeks.
- If the redness worsens or gets larger after the first 2-3 days, please contact the office.
- You may notice pink or bloody discoloration of the bandage. This is normal, and should decrease day to day.
- If you experience:
 - Bleeding from the incision that does not stop after applying pressure
 - Pus from the incision site
 - Increased redness and tenderness from the incision site
- If you experience itching or redness where the tape is placed, please let us know.
- Some patients also may have some bruising, this is normal and should dissipate within the next week. If the bruising does not improve, please reach out to us.
- Apply ice to the sore areas. You may apply ice several times a day, a maximum of 10-15 minutes at a time. Do not apply ice directly to the skin.
- Please watch for signs of infection as discussed including increasing redness, swelling, warmth, and/or drainage.
- Please call us immediately if you develop signs of infection, worsening or unexpected pain, if you have findings of pellet extrusion, or if you have concerns.



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WOMEN:

If you are currently on oral estrogen (estradiol), please continue this for three (3) more days, and then stop.

For the next 24 hours:

- Keep the entire bandages in place.
- After 24 hours, you may remove the clear bandage, but do NOT remove the steri-strip (tape).
- You may place another bandage over your steri-strips if you prefer, but keep the (steri-strips) tape in place. Allow the (steri-strips) tape to fall off on its own, do not pick at it or try to pull it off.

For the next three (3) days:

- No bathing, swimming, or submerging your body in water.
 - It is OK to take a shower, just let the water run over your placement site.
- No heavy exercise, lifting, or squatting. This includes running and elliptical. You can do moderate upper body work and normal paced walking on a flat surface.

If this is your initial pellet placement, you will need labs drawn in 6 weeks to assess your response to hormones.

Please let us know if you are not responding to therapy, you may need labs sooner to adjust the dosage.

If this is a repeat pellet placement, you will need to follow up with your annual labs.

MEN:

If you are currently on injectable testosterone, please continue this as currently prescribed for the next seven (7) days and then stop.

For the next 24 hours:

- Keep bandages in place
- After 24 hours, you may remove the clear bandage, but do NOT remove the steri-strip (tape).
- You may place another bandage over your steri-strips if you prefer, but keep the tape in place. Allow the tape to fall off on its own, do not pick at it or try to pull it off.

For the next seven (7) days:

- No bathing, swimming, or submerging your body in water.
 - It is OK to take a shower, just let the water run over your placement site.
- No heavy exercise, lifting, or squatting. This includes running and elliptical. You can do moderate upper body work and normal paced walking on a flat surface.

If this is your initial pellet placement, you will need labs drawn in 4 weeks to assess your response to hormones.

If this is a repeat pellet placement, you will need to follow up with your annual labs.



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PAIN MANAGEMENT:

You may use Tylenol (acetaminophen) or Ibuprofen (Motrin) for discomfort; however, see below and follow the instructions for dosing. You cannot take both **TYLENOL AND IBUPROFEN TOGETHER AT THE SAME TIME.**

TYLENOL

Regular Strength (325 mg/tablet): Take 2 tablets (650 mg) every 4-6 hours as needed
Maximum daily dose: 10 tablets/day (3.25 g/day)

or

Extra Strength (500 mg/tablet): Take 2 tablets (1 g) every 6 hours as needed.
Maximum daily dose 6 tablets/day (3 g/day)

IBUPROFEN

400 mg every 4-6 hours as needed

or

600 mg every 6-8 hours as needed
Maximum daily dose 3.2 g/day

If you have any questions before or after your appointment, you can email us at info@rumaaesthetics or call/text us at 801-529-8628.

Thank you for choosing RUMA Aesthetics!