

# PRE-CARE

## HRT PELLETT PROCEDURE

**PLEASE FOLLOW THESE INSTRUCTIONS TO MINIMIZE THE CHANCES OF SIDE EFFECTS FROM YOUR PELLETT PROCEDURE:**

### **PRE-CARE**

- TO REDUCE THE RISK OF BRUSING PLEASE AVOID THE FOLLOWING FOR 2 DAYS PRIOR TO TREATMENT:
  - ALCOHOLIC BEVERAGES
  - BLOOD THINNING OVER-THE-COUNTER MEDICATIONS SUCH AS ASPIRIN, MOTRIN, IBUPROFEN, AND ALEVE
  - VITAMIN E, FISH OIL, OR FLAXSEED OIL
  - GINKGO BILOBA
- A LOCAL NUMBING MEDICATION, LIDOCAINE WITH SODIUM BICARBONATE, WILL BE USED TO MAXIMIZE YOUR COMFORT DURING THE PROCEDURE. YOU SHOULD EXPECT TO FEEL SOME PRESSURE, BUT NO SHARP PAIN.
- THE PELLETT WILL BE INSERTED INTO YOUR FLANK OR GLUTE, PLEASE ARRIVE WITH CLEAN SKIN

**PLEASE TAKE NOTE OF THESE IMPORTANT POST CARE INSTRUCTIONS AND NOTIFY YOUR PROVIDER IF YOU WILL BE UNABLE TO FOLLOW THEM:**

- YOUR INSERTION SITE WILL BE COVERED WITH TWO LAYERS OF BANDAGES. THE INNER LAYER IS A STERI-STRIP, AND THE OUTER LAYER IS A WATERPROOF DRESSING.
- **DO NOT TAKE TUB BATHS OR GET INTO A LAKE, HOT TUB OR SWIMMING POOL FOR 7 DAYS. YOU MAY SHOWER, BUT DO NOT REMOVE THE BANDAGE OR STERI-STRIPS FOR 7 DAYS.**
- **NO HEAVY EXERCISING OR HEAVY LIFTING** USING THE LEGS FOR 7 DAYS. THIS INCLUDES RUNNING, ELLIPTICAL, SQUATS, LUNGES, ETC. YOU CAN DO MODERATE UPPER BODY WORK AND NORMAL WALKING ON A FLAT SURFACE.
- IF THE INSERTION SITE IS UNCOMFORTABLE, ITCHY, OR RED YOU MAY TAKE AN ANTIHISTAMINE AND/OR TYLENOL FOR RELIEF.
- IT IS RECOMMENDED TO ICE THE INSERTION SITE WITH AN ICE PACK FOR ABOUT 20 MINUTES EACH TIME OVER THE NEXT 4 TO 5 HOURS. YOU CAN CONTINUE THIS FOR SWELLING, IF NEEDED. BE SURE TO PLACE SOMETHING BETWEEN THE ICE PACK AND YOUR BANDAGE/SKIN. DO NOT PLACE DIRECTLY ON BANDAGE OR SKIN.

*QUESTIONS? CALL (470) 272-8730 OR TEXT  
(706) 696-8879*