

Post-Insertion Instructions for Men

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time 24 hours. It **MUST** be removed as soon as it gets wet. You may replace it with a bandage to catch any anesthetic that may ooze out. The inner layer is a steri-strip. It should not be removed before **7 days**.
- We recommend putting an ice pack on the insertion area a couple of times for about 20 minutes each time over the next 4 to 5 hours.
- Do not take tub baths or get into a hot tub or swimming pool for **5-7 days**. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- No major exercises for the incision area for the next **7 days**, this includes running, riding a horse, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief, 50 mg. orally every 6 hours. Caution this can cause drowsiness!
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- Please call if you have any bleeding not relieved with pressure (not oozing), as this is NOT normal.
- Please call if you have any pus coming out of the insertion site, as this is NOT normal.

Reminders:

- Remember to go for your post-insertion blood work 4 weeks after the insertion.
- Most men will need re-insertions of their pellets 5-6 months after their initial insertion.
- Please call as soon as symptoms that were relieved from the pellets start to return to make an appointment for a re-insertion. The charge for the second visit will be only for the insertion and not a consultation.

It takes 7-10 BUSINESS DAYS for our office to receive and review your results.

If your results are NORMAL you will be SENT AN EMAIL.

(check your junk / spam folder)

If your results are ABNORMAL you will receive a PHONE CALL AND EMAIL.

Please call if you have not heard from us in 10 days.

I acknowledge that I have received a copy and understand the instructions on this form.

Print Name

Signature

Today's Date

What Might Occur After A Pellet Insertion (Male)

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

FLUID RETENTION: Testosterone stimulates to the muscle grow and retain water which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.

SWELLING of the HANDS & FEET: This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, taking cider vinegar capsules daily, (found at most health and food stores) or by taking a mild diuretic, which the office can prescribe.

MOOD SWINGS/IRRITABILITY: These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system.

FACIAL BREAKOUT: Some pimples may arise if the body is very deficient in testosterone. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.

HAIR LOSS: Is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases.

HAIR GROWTH: Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary. You may also have to shave your legs and arms more often. Dosage adjustment generally reduces or eliminates the problem.

Print Name

Signature

Today's Date

Male Treatment Plan

- The following medications or supplements are recommended in addition to your pellet therapy.
- Please refer to the supplement brochure to help you understand why these are beneficial.
- Unless otherwise specified, these can be taken any time of day without regards to meals.

Supplements: These may be purchased in our office. When you run out they can be mailed to you for your convenience.

_____ **ADK (vitamins A, D3 and K2)**

_____ 1 a day 2 a day for weeks, then one a day

_____ **BioTE Iodine Plus** 12.5 mg daily with food

2000-4000mg Vitamin C, B-complex and 1/2 tsp Celtic or Mediterranean sea salt mixed in warm water daily are recommended for the first few weeks you are taking BioTE Iodine Plus to prevent potential detox symptoms (headache, body aches, fatigue, irritability)

_____ **DIM** 300 mg daily- increases free testosterone levels while naturally decreasing "bad" estrogen

Prescriptions: *These have been called into your preferred pharmacy*

_____ Nature Throid mg every morning. This should be taken on an empty stomach. Please wait 30 minutes before putting anything else on your stomach. This includes coffee, food, medications, vitamins or supplements.

_____ Sample given

_____ Wean of Synthroid/levothyroxine: alternate your desiccated thyroid (natur-throid) every other day with Synthroid/levothyroxine for 3 weeks then go to every day on your desiccated thyroid.

_____ Femara 2.5 mg, 1/2 every 2 weeks

_____ Wean off your antidepressant (see wean protocol)

_____ (other) _____

_____ (other) _____

Please call or email for any questions about these recommendations.

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Print Name

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Office Use Only Male Intake Forms

Name: _____ Date: _____

Height: _____ Weight: _____ Blood Pressure: _____ Temperature: _____

Current Medications: _____

Surgery/Past Medical History: _____

Symptoms: _____

Labs:

Estradiol: _____ Testosterone: _____ Free Test: _____ PSA: _____ Vitamin D: _____

TSH: _____ Free T3: _____ TPO: _____ CBC: _____ Chem Panel: _____

LDL: _____ HDL: _____ Triglycerides: _____

Plan:

This patient presents today for hormone pellets. The procedure, risks, benefits and alternatives were explained to the patient. Questions were answered and a consent form for the insertion of testosterone pellet implants was signed. An area in the hip was prepped with Betadine swabs. A sterile drape was applied. 1 % Lidocaine with epinephrine and sodium bicarbonate was injected to anesthetize the area. A small transverse incision was made using a number 11 blade. The trocar with cannula was passed through the incision into the subcutaneous tissue. Testosterone pellet(s) were inserted through the cannula into the subcutaneous tissue. Bleeding was minimal. Steri-strips and/or Foam Tape were applied. A sterile dressing was applied. The patient tolerated the procedure well. Postoperative instructions were reviewed and a copy given to the patient. Pellets used are as follows.

Treat With:

Testosterone: _____ MG's Testosterone Lot Numbers: _____

Femara: _____ Arimidex: _____ DIM: _____

Vitamin ADK: _____ Thyroid: _____ Iodine: _____

Comments:

Office Use Only Male Patient Treatment Form

Name: _____

Date: _____

Symptoms/Notes

Procedure Report:

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Weight: _____

Testosterone pellet Lot#: _____

Testosterone _____ mg

Insertion site: Left Hip Right Hip

Date: _____

Symptoms/Notes

Procedure Report:

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