



### **Post-Insertion Instructions for Women**

- Your insertion site has been covered with two layers of bandages. Remove the outer layer bandage any time after 24 hours. You may replace it with a bandage to catch any anesthetic that may ooze out. The inner layer is steri-strips and these should not be removed. Steri-strips will fall off on their own after incision is healed which may take up to 7 days.
- We recommend icing the incision area to reduce swelling and inflammation. Ice should be applied for 20 minutes at a time over the next 4-5 hours.
- Do not submerge in water (baths/hot tubs/swimming pools) for the next 3 days. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- Major exercise should be avoided for the next 3 days. This includes squatting, running, biking, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. This is normal.
- The insertion site may be uncomfortable for up to 2-3 weeks. If there is itching or redness you may take Benadryl for relief (50mg orally every 6 hours).
- You may experience swelling, bruising, and/or redness of the insertion site which may last from a few days up to 2-3 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 or pus coming out of the insertion site that is not relieved by pressure.
- Most women will need re-insertions of their pellets 3-4 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 re-insertion. The charge for the second visit will be only for the insertion and not a consultation unless you would like to discuss treatment and additional hormonal health matters.

#### **Reminders:**

Please have your labs checked 6 weeks after your insertion

Take DIM, 1 tablet daily