



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

BioTE BHRT Pellets



Pre/Post Treatment Instructions

Important Information from Dr. Naomi Placella, NMD
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on successfully undergoing your treatment. This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Naomi Placella, NMD and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



Dr. Naomi Placella, NMD



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PRE-TREATMENT INSTRUCTIONS

- **A consultation** with a lab draw is completed at least 1 week prior to BioTE pelleting to ensure you are a candidate for hormone replacement. If you are getting labs drawn at another facility, please note it may take up to 2 weeks to be received by our office.
- **Your labs, symptom** assessment, and past medical history will be used to develop an individualized dosing treatment plan.
- **Please avoid** the use of blood thinners or NSAIDS, such as aspirin or ibuprofen, for at least 1 week prior to pelleting to minimize bleeding. Also please avoid drinking alcohol for at least 24 hours prior to pellet insertion.
- **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 during the procedure but no sharp pain.
- **Expect the pelleting insertion** appointment time to be 30 minutes long, however, the procedure itself takes approximately 10 minutes to complete for women and 20 minutes for men.

Please contact DrSkin Med Spa if you have any concerns following your treatment.



Dr. Naomi Placella, NMD



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POST-TREATMENT

- **Bandages:** Remove the outer bandage (gauze) when it gets wet but leave the inner layer of waterproof steri-strips in place until they fall off on their own.
- **Ice, Optional:** Apply an ice pack to the insertion area for about 5-10 minutes a couple of times in the first 48 hours.
- **Swimming:** Avoid getting into a hot tub, pool, or bathtub for 7 days. You can shower, but don't scrub the area until it's healed, which can take about 7 days.
- **Exercise:** Avoid major exercise for 3-5 days, including running, squats, lunges, and elliptical. You can try light exercise like yoga or walking after 3-5 days, but avoid high-impact activities that put pressure on the insertion site. You can usually return to normal workouts after 6-7 days, but wait 2 weeks for heavier exercise like weightlifting.
- **Pain and swelling:** The insertion site may be uncomfortable for up to 3 weeks, and you might experience swelling, bruising, or redness. You can take 50 mg of Benadryl every 6 hours to relieve itching or redness, but it can cause drowsiness. Tylenol® may also be used as directed. NSAIDs and aspirin should be avoided if possible as they can promote bleeding and bruising.
- **Bleeding:** If you experience bleeding from the incision, apply firm pressure for 5 minutes. Call if you have any bleeding that doesn't stop with pressure.
- **Medications and supplements:** Avoid non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen, and naproxen, as they can increase the risk of bleeding. You should also use caution with blood-thinning medications like warfarin or heparin.
- **Follow-up:** You may return to our clinic for a one-week post insertion check up to evaluate your incision and determine if it is completely healed.
- **Post- blood work:** Due at week 4 or 5 post pellet insertion.

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