

Bio-Identical Hormone Therapy Post-Care Instructions- FEMALE

After your Procedure

- You can expect the injection site to be swollen and bruised for the first 2-7 days.
- You may use Tylenol to help with pain or discomfort after your treatment.

Injection Site

- You have steristrips in place covering the injection site. These should remain in place for 4-5 days after your injection. You may remove these strips on: ____.
- You have gauze covering the steristrips. The gauze may be removed the morning after your treatment.
- You may shower the next day. Take the outer gauze dressing off and shower. Avoid aggressive scrubbing over the injection site for 1 week after your treatment.
- You may feel a lump or swelling at the injection site. This is normal.
- You may experience some drainage on the outer gauze. This is normal.

Activities to AVOID for the first 3 days:

- No Tub Baths
- No Hot Tub or Swimming Pools
- No Exercise: You may resume light exercise 3 days after your treatment and may resume vigorous exercise 1 week after your treatment.

Most patients report symptom improvement in as little as 2-4 weeks after their treatment.

Please recheck lab values 4 weeks after your pellet treatment: ____.

Follow up in the office for your next injection in 3-4 months.

Please contact the office with any questions or concerns.