

After your hormone Implant (Female - no uterus)

- apply and ice pack to the incision site for the next 2 hours
- the incision site has been covered with two layers of bandages. The top layer is a pressure bandage which can be removed after two hours. The bottom layer is a single Op site or square plastic bandage to protect the incision site from getting wet. Beneath this bandage are Steri Strips. Do not remove this bandage for at least 7 days post pellet insertion.
- Do not immerse the incision site in water for 5 days. This means no tub baths, hot tubs, or swimming. You may shower the day following your procedure, just no soaking or immersing in water.
- Avoid squats, deep bending, squatting, bicycling, or heavy exercise for 3 days
- The incision site may be uncomfortable for up to 10 days. There may be swelling for up to 3 days. These are both normal reactions.
- Do not scrub the incision site until it is well healed (7 days)
- Please call if you have any active bleeding or pus coming from the incision site
- call to schedule follow-up blood work 4-6 weeks after your insertion

**Take Vitamin D3 5000iu/day**

**Calcium 1000mg/day,**

**Magnesium 300 mg/day**

**Folic Acid 800mcgs/day**

If breast or nipple tenderness occurs, take 2-3 Vitamin E or evening primrose oil capsules per day

For any water retention, take cider vinegar capsules or Vitamin C 1000-2000iu/day

If incision site becomes firm and red, apply Arnica Montana cream up to 3x/day