

After your hormone Implant (Female)

- 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

The importance of taking progesterone cannot be stressed enough! Your body in its peak makes progesterone the last 2 weeks of every cycle to balance with the fluctuating estrogen levels present in different phases of your cycle. Without progesterone, your uterine lining can thicken to the point of outgrowing its blood supply, causing sections of your endometrium to pull away and slough off, leaving open blood vessels. This process can cause hemorrhaging with the potential to escalate to the point that it is only curable by D&C surgery. After prolonged periods of time, this imbalance can also cause endometrial cancer. Progesterone is also essential for mood stability, skin, sleep quality, and reduces incidence of reproductive cancers including breast cancers.

If you have a uterus, schedule a follow-up uterine ultrasound 3-4 months after your pellet insertion or if persistent uterine spotting or bleeding occurs.