



Complete Women's Wellness
GYNECOLOGY

POST PELLET INSERTION INSTRUCTIONS

Remove large tape or band-aid in 24-48 hours, leaving the steri-strips in place.

Place a band-aid over the steri-strips for a few days.

Keep incisions completely dry overnight. After that, showering is OK. Avoid soaking in tubs, pools, or baths for at least 3 days.

Leave steri-strips on incisions for 5-7 days. If the steri strips fall off before that, keep a band-aid on it with a little tension across the incision to give it extra support for healing.

Avoid vigorous exercise for 72 hours to reduce the chance of bruising, oozing, infection or delayed incision healing. Walking and easy stair climbing is fine. Avoid running, biking, volleyball, racquet games, aerobic exercise or yoga for 3-4 days. It would be best to avoid heavy lifting, repetitive squatting, sexual intercourse, and extensive housecleaning like vacuuming for 3 days. Avoid massage therapy at the pellet site for 6 weeks.

A little redness, bruising, and swelling for 3-4 days is normal. The area may be tender for 4-14 days.

If you have significant redness, pain (without putting pressure on the wound), warmth, or pus from the incision, call us as you may need an antibiotic. This happens rarely, but infection is always a possibility with any kind of skin procedure.

For women on hormone therapy, I also recommend a high potency multivitamin with 1000 mcg of iodine and above average doses of B vitamins (MD Essentials is a good brand), Fish Oil 2000mg daily (keep in the freezer), DIM 100-200 mg daily (a broccoli extract), and Melatonin 1-5 mg at bedtime. These supplements have been shown to improve estrogen metabolism and possibly decrease your risk of breast cancer!