



HOLLAND

PLASTIC SURGERY & AESTHETICS

Post-Insertion Instructions for Men

BioTE Hormones

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

- Your insertion site has been covered with two layers of bandages. The inner layer is a steri-strip and the outer layer is a waterproof dressing.
- We recommend putting an ice pack on the insertion area a couple of times for about 20 minutes each time over the next 4 to 5 hours. You can continue for swelling if needed. Be sure to place something between the ice pack and your bandages/skin. Do not place ice packs directly on bare skin.
- No tub baths, hot tubs, or swimming pools for 7 days. You may shower, but do not scrub the site until the incision is well healed (about 7 days).
- No major exercises for the incision area for 7 days. This includes running, elliptical, squats, lunges, etc. You can do moderate upper body work and walking.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief, 50 mg. orally every 6 hours. Caution this can cause drowsiness!
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.

Call Dr. Holland if:

- Your temperature is greater than 101.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a follow odor) drains from the incision.
- Severe or increased pain occurs.
- Severe bleeding not relieved with pressure occurs.

Reminders:

- Remember to go for your post-insertion blood work **4 weeks** after insertion.



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- Most men will need re-insertions of their pellets **5-6 months** after their initial insertion.
- The charge for the second visit will only be for the insertion, not a consultation.

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. We suggest making an appointment for re-insertion as soon as symptoms that were relieved from the pellets start to return. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**