

## BioTE Pre/Post Instructions

### BioTE Pre-Treatment Instructions:

1. A consultation with a lab draw is completed at least 1 week prior to BioTe pelleting to ensure you are a candidate for hormone replacement. If you are getting labs drawn at another facility, please note it may take up to 2 weeks to be received by our office.
2. Your labs, symptom assessment, and past medical history will be used to develop an individualized dosing treatment plan.
3. Please avoid the use of blood thinners or NSAIDS, such as aspirin or ibuprofen, for at least 1 week prior to pelleting to minimize bleeding. Also please avoid drinking alcohol for at least 24 hours prior to pellet insertion.
4. A local numbing medication, lidocaine with sodium bicarbonate, will be used to maximize your comfort during the procedure. You should expect to feel some pressure during the procedure but no sharp pain.
5. Expect the pelleting insertion appointment time to be 30 minutes long, however, the procedure itself takes approximately 10 minutes to complete for women and 20 minutes for men.

### BioTE Post Instructions

1. Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after 24 hours. It must be removed as soon as it gets wet. The inner layer is either waterproof foam tape or steri-strips. They should be removed in 3 days.
2. 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.
3. Do not take tub baths or get into a hot tub or swimming pool for 3 days. You may shower but do not scrub the site until the incision is well healed (about 7 days).
4. No major exercises for the incision area for the next 3 days, this includes running, elliptical, squats, lunges, etc.
5. The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
6. 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!
7. 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.
8. You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
9. If you experience bleeding from the incision, apply firm pressure for 5 minutes.
10. Please call if you have any bleeding not relieved with pressure (not oozing), as this is NOT normal.
11. Please call if you have any pus coming out of the insertion site, as this is NOT normal.