

Female Post-Implantation Instructions

- Remove the pressure bandage in 2 hours. You may replace it with a bandage to catch any anesthetic that may ooze out. The steri-strip underneath should be removed in 2 days.
- 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).
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. Don't worry.....this is normal.
- The site may be uncomfortable for 2-7 days. If there is itching or redness you may take Benadryl for relief, 50 mg. orally every 6 hours.
- Please call if you have any bleeding (not oozing) or pus coming out of the insertion site.
- Remember to go for your post-insertion blood work 4-6 weeks after the insertion and return to office 2 weeks after blood work for follow up appointment to discuss your labs.
- Most people will need re-insertions of their pellets 3 months after their initial insertion.
- Please call as soon as symptoms of menopause or migraines start to return to make an appointment for a re-insertion. The charge for the second visit will be only for the insertion and not a consultation unless you would like to discuss treatment and additional hormonal health matters.

Kathy Maupin, M.D.

314-993-0963 answering machine checked daily

314-388-6595 exchange at night