

# Vibrant Life

## Dr. Clark Brittain

### Common Problems with Pellet Implants

A significant hormonal transition will occur in the first four weeks. Therefore, certain changes might occur that can be bothersome. These could include:

**Fluid Retention:** Fluid entrapment in the muscle from testosterone that can cause the muscle to grow. This may result in a weight change of two to five pounds. This is only temporary and will last two to three weeks. This happens frequently with the first insertion, and especially when done in hot, humid weather conditions.

**Swelling of hands and feet:** Swelling of hands and feet are common in hot and humid weather conditions. This can be treated by increasing your water intake, reducing salt from your diet, taking cider vinegar capsules daily (these can be found at most health food stores) and with physician approval a mild diuretic may be prescribed.

**Breast tenderness and nipple sensitivity:** Breast tenderness and nipple sensitivity are not uncommon with the first pellet insertion. This is caused by the increased blood supply to the breast. Increased blood supply is good for nourishing the tissue. The nipple tenderness is caused by testosterone. Both symptoms are self-limiting. An excellent treatment for breast tenderness is 2-3 capsules of Evening Primrose daily as needed.

**Uterine spotting or bleeding:** Uterine spotting or bleeding may occur in the first two months after an insertion especially if the progesterone is not taken properly. The bleeding is not ordinarily an indication for significant uterine problem, more than likely the uterus may be releasing tissue that needs to be eliminated, such as tissue that was present at the time of prior pellets. However, if spotting/bleeding persists our office may need to do further testing and exam to determine if further treatment is necessary. The hormones do not normally cause this abnormality, but on occasion expose existing problem.

**Mood swings and irritability:** Mood swings and irritability may occur and are usually seen in patients who are very deficient in hormones. This will disappear when enough hormones are in the patients system. It may require additional insertion of pellets.

**Facial Breakout:** Facial breakout of pimples may occur if the body is very deficient in testosterone, and tries to correct this too quickly. This lasts a short time and can be handled with good face washing, astringents and toner.

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## Post-Implant Instructions

- Leave the pressure bandage on for at least 3 days. Outer bandage can be removed in 3 days but steri-strips can remain for 5 days or until they come off on their own.
- Do NOT take a bath, get into a hot tub, or go into a swimming pool until outer bandage is removed. You may shower, but do not scrub the site until the incision is well healed. This can take approximately 7 days.
- The Sodium Bicarbonate in the anesthetic may cause some local swelling at the insertion site. This may last 1-3 days. Do not worry.....this is normal.
- The site may be uncomfortable for 2-7 days for women and 5-10 days for men.
- Men may be placed on an anti-estrogen medication: Arimidex 1.0 mg by mouth once a week or Letrozole 0.1mg by mouth daily for 2 weeks and may be repeated again in two months to keep testosterone from converting to estradiol.
- Women, who have not had a hysterectomy (removal of uterus) and have been given more than 6mg of estrogen, should be on progesterone: daily at bedtime to protect the lining of the uterus, and hopefully have no menstrual cycle. You may also take progesterone every 4 months to have a cycle and remove any buildup in the uterus that the estrogen may have caused.
- If you have any bleeding (not oozing) or pus coming from the insertion site, start running a temperature over 100.0, and/or have any other questions/problems please call our office at (812) 331-9160.
- We will ask that you repeat hormone labs in 4-6 weeks after pellet insertion to evaluate hormone levels.