



## SEAMIST MEDSPA

### WHAT MIGHT OCCUR AFTER PELLET INSERTION FOR MEN

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

- **INFECTION:** Is possible with any type of procedure. Infection is uncommon with pellet insertion and occurs in <0.5-1%. If redness appears and seems to worsen (rather than improve), is associated with severe heat and/or pus, please contact the office. Warm compresses are helpful, but a prescription antibiotic may also be needed.
- **PELLET EXTRUSION:** Pellet extrusion is uncommon and occurs in <5% of procedures. If the wound becomes sore again after it has healed, begins to ooze or bleed, or has a blister-type appearance, please contact the office.
- **ITCHING or REDNESS:** Itching or redness in the incision and pellet placement area is common. If you have a reaction to the tape, please apply hydrocortisone 2-3 times per day to the rash. If redness becomes firm or starts to spread after a few days, contact the office.
- **FLUID RETENTION/WEIGHT GAIN:** Testosterone stimulates the muscle to grow and retain water which may result in a weight change of 2-5 pounds. This is temporary. This happens frequently with the first insertion, especially during hot, humid weather.
- **SWELLING of the HANDS & FEET:** This is common in hot and humid weather. It may be treated by drinking lots of water, reducing salt intake, or taking a mild diuretic, which the office can prescribe.
- **BREAST TENDERNESS OR NIPPLE SENSITIVITY:** These may develop with the first pellet insertion. The increase in estrogen sends more blood to the breast tissue. Taking 2 capsules of DIM daily helps prevent excess estrogen formation. In males, this may indicate that you are a person who changes testosterone into estrogen. This is usually prevented if DIM is taken regularly but can be easily treated and will be addressed further when your labs are done, if needed.
- **MOOD SWINGS/IRRITABILITY:** These may occur if you were quite deficient in hormones. These symptoms usually improve when enough hormones are in your system. 5HTP can be helpful for this temporary symptom and can be purchased at many health food stores.
- **ELEVATED RED BLOOD CELL COUNT:** Testosterone may stimulate growth in the bone marrow of the red blood cells. This condition may also occur in some patients independent of treatments or medications. If your blood count goes too high, you may be asked to see a hematologist to make sure there is nothing worrisome found. If no cause, the testosterone dose may have to be decreased. Routine blood donation may help prevent this.
- **HAIR LOSS OR ANXIETY:** Is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases. 5HTP may be helpful for anxiety and is available OTC.
- **FACIAL/BODY BREAKOUT:** Acne may occur when testosterone levels are either very low or high. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.
- **AROMATIZATION:** Some men will form higher-than-expected levels of estrogen from the testosterone. Using DIM 2 capsules daily as directed may prevent this. Symptoms such as nipple tenderness or feeling emotional may be observed. These will usually resolve by taking DIM, but a prescription may be needed.
- **HIGH OR LOW HORMONE LEVELS:** The majority of times, we administer the hormone dosage that is best for each patient, however, every patient breaks down and uses hormones differently. Most patients will have the correct dosage the first insertion, but some may require dosage changes and blood testing. If blood levels are low, results are not optimal, and it is not too far from the original insertion, we may suggest you return so we can administer additional pellets or a "boost" (at no charge). This requires blood work to confirm. Conversely, if levels are high, we can treat the symptoms (if you are having any) by supplements and/or prescription medications. The dosage will be adjusted at your next insertion.
- **TESTICULAR SHRINKAGE:** Testicular shrinkage is expected with any type of testosterone treatment.
- **LOW SPERM COUNT:** Any testosterone replacement will cause significant decrease in sperm count during use. Pellet therapy may affect sperm count up to one year. If you are planning to expand your family, please talk to your provider about other options.

I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY AND UNDERSTAND THE INSTRUCTIONS ON THIS FORM.

Signature: \_\_\_\_\_