



Hormone Replacement Therapy

Post Pellet Insertion Instructions

Dressings and incision care

- Keep the clear plastic dressing on for 3 days. It's waterproof, so you can shower.
- After it comes off, you'll see small paper tapes over the incision. Leave these in place until they fall off on their own. It's okay if they get wet.

Activity

- Avoid lower-body workouts like squats and lunges for 3-5 days.
- No swimming, baths, or hot tubs for 2 weeks.

Drainage

- Light drainage can happen after the top dressing comes off.
- Keep the area covered with gauze and tape until it stops.
- If drainage lasts more than 1 week, make an appointment.

Soreness and bruising

- Mild soreness or bruising is common for 1-2 weeks.
- Use a cold compress for the first 24 hours, then warm compresses for 10 minutes twice daily as needed.

When to contact us

- Fever
- Redness spreading around the incision
- Increasing pain or tenderness
- Pus-like drainage

If possible, send a close-up photo when you call or email.

What to expect from the pellets

- Pellets begin absorbing at about 2 weeks and peak around 4 weeks.
- Most people notice changes in energy, sex drive, and sleep by weeks 5-6.

Possible short-term side effects

- Water retention, acne, or fine hair growth can occur early as levels adjust.
- These typically improve within the first few weeks.
- Pellet extrusion (rare) may occur, your body may push a pellet out through the incision.
- If you see a pellet at the skin, contact us right away. If a pellet falls out, we replace it at no cost and re-close the incision with long-acting dissolvable stitches.

Labs and follow-up appointments

- Schedule your 4-week lab draw to confirm dosing. Testosterone levels drift toward baseline at about 3 months for women and 6 months for men.
- Plan your next pellet about 1 week before or after that timeframe.

Questions or concerns? Call or text 833-972-8578 or visit XSculpt.com