



## Instructions following Testosterone Pellet Placement (TPP)

1. An ice pack applied off and on for 1-2 hours following the procedure will help minimize swelling and discomfort.
2. May remove the bulky dressing and shower the following day.
3. Leave steri-strips (the small pieces of skin tape under the dressing) in place for 5-7 days.
4. Mild redness around the incision site, and mild discomfort for up to 72 hours following the procedure is common.
5. Watch for signs of infection or allergy - increased bright redness, swelling, discharge and tenderness. Infection is uncommon, however, if symptoms progress after 48 hours you may have a minor skin infection, allergy to the pellets and/or excessive bruising.
  - apply a warm heating pad or compress twice daily for 10-15 minutes or as needed.
  - Benedryl 25-50 mg every 6-8 hours or as needed. Zyrtec may be used as a substitute.
  - if itching and redness persists...
  - contact the office and a follow-up visit may be indicated or an electronic prescription for prednisone and/or an antibiotic may be sent to your pharmacy.
6. Avoid vigorous physical activity for 5-7 days after implant. Any activity that uses the gluteal muscles should be avoided. i.e. cycling, stair stepper, elliptical cross trainer, running, etc.
7. Avoid swimming, bathing or hot tubbing 5-7 days after the procedure.
8. Contact us with any other questions or concerns. See [manaliveclinic.com](http://manaliveclinic.com)

Thank You from The Man Alive Team!