



Pellet After-Care and Reminders:

- Do not shower for 24hours after the procedure or allow your incision site to get wet.
- After the first 24hours leave your incision site open to the air with only the steri-strips in place.
- No vigorous physical activity (running, jumping) for 48 hours following the procedure.
- Do not swim or soak in water other than a normal shower for 5 days.
- Pellets are not removable.
- Pregnancy is advised against for six months after a pellet is placed. In theory, testosterone could masculinize a female fetus. You must follow a birth control plan (medications, condoms, etc.) while on pellet therapy.
- Avoid NSAIDs (i.e. ibuprofen, naproxen, diclofenac, meloxicam) in general as these block your natural testosterone absorption pathways.
- Optimal Iodine levels are CRITICAL for appropriate utilization of testosterone by your cells. Take Iodine as advised - typically 1 daily for 30 days, then three times weekly thereafter.
- The best results of pellets are seen in patients who exercise regularly!



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