

WHAT TO EXPECT AFTER
PELLET INSERTION FOR WOMEN

The first four weeks following pellet insertion your body will be adjusting to new hormone levels. Because of this transition you may or may not experience some of the following changes. As your hormone levels adjust these symptoms should minimize and ultimately disappear.

1. **MOOD SWINGS/IRRITABILITY** – This is especially true if you were deficient in hormones prior to therapy. Your body will adjust once your hormone levels are stable.
2. **SWELLING (usually hands and feet)** – Sometimes swelling can occur following pellet insertion. This is usually in hot and/or humid weather and can be alleviated in most cases by increasing water intake.
3. **HAIR GROWTH/LOSS** – This is usually related to Testosterone levels. Testosterone can stimulate hair growth and can sometimes be seen on the chin, chest, nipples, and/or lower abdomen. Females that convert testosterone may experience hair loss, although this is rare. Adjustments in dosage can eliminate this problem.
4. **FLUID RETENTION** – Testosterone stimulates muscle growth and water retention which can cause weight gain. This is usually temporary.
5. **UTERINE SPOTTING/BLEEDING** – This is usually related to progesterone levels and may occur in the first few months after an insertion. Correct dosing should eliminate this problem.
6. **FACIAL BREAKOUT** – If testosterone levels were significantly deficient, the changes in levels can sometimes cause pimples. This is usually temporary and can be taken care of with a good cleansing protocol.

Print Name

Date

