

HRT PELLETT AFTERCARE

Please contact us with any concerns



DO

LEAVE BANDAGE ON FOR 7 DAYS



DO

TAKE PROGESTERONE EVERY NIGHT

(Females only)



DO

LET YOUR PROVIDER KNOW IF YOU HAVE REDNESS, TENDERNESS OR DRAINAGE AT THE SITE MORE THAN 5 DAYS POST TREATMENT



DO

EXPECT IRRITATION AND TENDERNESS AT THE INSERTION SITE FOR UP TO 5 DAYS



DON'T

EXERCISE STRENUOUSLY FOR 7 DAYS



DONT

SUBMERGE IN WATER FOR 7 DAYS

(Showers okay)