



## **PRE AND POST CARE INSTRUCTIONS BHRT PELLETT TREATMENT FEMALE**

### **Pre Treatment**

- Avoid blood thinning agents such as NSAIDS (non-steroidal anti-inflammatory drugs like Aspirin, Motrin, Advil, Ibuprofen or any other non-Tylenol, non-acetaminophen product) or Fish Oil capsules for 1 week prior to treatment.

### **Post Treatment**

- Your insertion site has been covered with 2 layers of bandages. Remove the outer pressure bandage the morning after your insertion.
- You may remove the inner layer of steri-strips in 3 days.
- Do not take baths, hot tub or go in a swimming pool for 5 days. You may shower but do not scrub the site for 7 days.
- No major gluteal exercise for 5 days, including running and squats.
- You may have slight swelling for 1-3 days.
- Bruising, swelling or redness of the insertion site may last from a few days to 2-3 weeks.
- There may be pinkish or bloody discharge.
- If you start bleeding, apply firm pressure for 5 minutes.

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours at  
253.466.5011.**

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Yelp or Google.**