

BHRT Pellet Insertion – Post Care

Activity Restrictions

First 48 Hours

To support proper healing and prevent pellet displacement:

- No vigorous physical activity
- Avoid lower body exercise (squats, running, cycling, lunges)
- No swimming, hot tubs, or baths
- Avoid applying creams, lotions, or oils near the insertion site

After 48 Hours

- You may resume light activity, including walking and normal daily routines
- Avoid heavy lifting or intense lower body/glute workouts for 5–7 days

Wound Care

- Keep the bandage in place for 48 hours
- After 48 hours:
 - Remove the outer dressing
 - Leave steri-strips (skin tape) in place for 5–7 days or until they fall off naturally
- Keep the area clean and dry for the first 48 hours
- Avoid touching, scratching, or applying pressure to the site

What's Normal

You may experience:

- Mild bruising, redness, or swelling
- Soreness or tenderness at the insertion site

These symptoms are expected and typically resolve within a few days.

Swelling & Discomfort Management

- Apply an ice pack (over clothing) for 15 minutes at a time, a few times daily during the first 48 hours
- Mild discomfort may persist for several days and is considered normal

When to Contact RN Esthetics

Please notify us if you experience:

- Excessive redness, warmth, or spreading inflammation
- Pus or unusual discharge from the site
- Fever or chills
- Increasing pain or swelling after 72 hours
- Any concern for infection or abnormal healing

What to Expect

- Hormones are gradually released and absorbed over the next several weeks
- You may begin to notice symptom improvement within 3–7 days
- Full therapeutic benefits are typically experienced within 3–4 weeks

Follow-Up

- Lab work is typically scheduled at 4–6 weeks post-insertion
- Results will guide any necessary dose adjustments for future treatments