Hormone Pellet Therapy

PRE & POST CARE

The LOOK MED SPA

PROCEDURE DESCRIPTION

- Procedure Description Hormone pellet therapy involves the insertion of small, custom-compounded hormone pellets (typically testosterone or estradiol) under the skin, usually in the hip/buttock area. These pellets release hormones steadily over several months to support hormone balance.

PRE-PROCEDURE INSTRUCTIONS

- Avoid NSAIDs (e.g., ibuprofen, aspirin) for 24 hours before the procedure unless directed otherwise.
- Inform us if you are on blood thinners.
- Eat a light meal before your appointment.
- Wear loose-fitting clothing the day of your appointment.
- Let us know if you have any allergies to lidocaine, epinephrine, or other medications.

POST-PROCEDURE CARE

- Keep the bandage on for 24 hours; avoid getting the site wet during this time.
- After 24 hours, remove the bandage and clean the area gently with soap and water.
- Avoid soaking the area (no baths, pools, or hot tubs) for 5-7 days.
- Avoid strenuous lower-body exercise (squats, lunges, running, cycling) for 3-5 days to prevent pellet extrusion.
- Watch for signs of infection: increasing redness, warmth, pus, or fever. Contact us immediately if these occur. (702)-246-2238
- A small amount of bruising or swelling is normal. You may apply ice for 10–15 minutes several times a day if needed.
- Do not pick or scratch at the site.

FOLLOW-UP & MOINTORING

- A follow-up lab panel will be ordered 6-8 weeks post-procedure to assess hormone levels.
- Re-insertion typically occurs every 4–6 months, depending on individual needs.
- It is important to communicate any new symptoms or concerns for optimal hormone management.