

Pagelopolus Endocrinology

Form 06 - Post-Procedure Instructions (Estradiol Pellet Insertion)

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Patient full name: _____ Date of procedure: _____

Implant site: _____ Clinician:

What To Do After the Procedure

- 1 Keep dressing clean and dry today.
- 2 Remove outer gauze dressing the next day unless your clinician instructed otherwise.
- 3 Avoid vigorous physical activity for 48 hours.
- 4 Avoid activities that strongly engage gluteal muscles immediately after insertion.
- 5 Remove skin strips in 5-7 days if not already detached.

Expected Findings

- 1 Mild soreness at the site.
- 2 Mild redness near the incision.
- 3 Small amount of bruising.

Call the Clinic Urgently If You Have

- 1 Increasing redness, warmth, swelling, or drainage.
- 2 Fever, chills, or worsening pain after the first 24-48 hours.
- 3 Bleeding that does not stop with firm pressure.
- 4 Suspected pellet extrusion.

Clinic urgent number: _____ After-hours number:

Follow-Up

Planned follow-up date: _____ Lab follow-up plan reviewed: Yes / No

Patient confirmation signature: _____ Date:

Staff signature: _____ Date:

Source Notes (for internal verification)

- Source aftercare language adapted from: <https://trocarsupplies.com/pages/insertion-procedure>
- Core outpatient infection-prevention principles:
<https://www.cdc.gov/infection-control/hcp/core-practices/index.html>