



Instructions following Pellet Placement

1. An ice pack applied off and on for 1-2 hours following the procedure will help minimize swelling and discomfort.
2. You may remove the outer dressing and shower the following day.
3. Avoid submerging in water for 2 days.
4. Leave steri-strips (the small pieces of skin tape under the dressing) in place for 5-7 days.
5. Mild redness around the incision site, and mild discomfort for up to 72 hours following the procedure is common.
6. Watch for signs of infection or allergy - increased bright redness, swelling, discharge and tenderness. Infection is uncommon; however, if symptoms progress after 48 hours you may have a minor skin infection, allergy to the pellets and/or excessive bruising. - apply a warm heating pad or compress twice daily for 10-15 minutes or as needed. - Benedryl 25-50 mg every 6-8 hours or as needed. Zyrtec may be used as a substitute.
 - If itching and redness persists, contact the office and a follow-up visit may be indicated or an electronic prescription for prednisone and/or an antibiotic may be sent to your pharmacy.
7. Avoid vigorous physical activity for 5-7 days after implant. Any activity that uses the gluteal muscles should be avoided. i.e., cycling, stair stepper, elliptical cross trainer, running, etc.
8. Avoid swimming or hot tubbing for 5-7 days after the procedure.
9. Contact us with any other questions or concerns.