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Testosterone Pellet Insertion (Testopel®)

Post-Procedure Care Instructions for Patients

THE FIRST 48 HOURS

- **Leave the pressure dressing in place for 24 to 48 hours** unless told otherwise. It reduces bruising and helps the pellets stay put.
- Apply ice over the dressing — 20 minutes on, 20 minutes off, while awake.
- Avoid sitting directly on the site for long periods.
- No heavy lifting or vigorous activity.

WOUND CARE

- Keep the site clean and dry.
- **No bathing, swimming, or hot tubs for about 1 week** — do not soak the incision.
- You may shower after the dressing comes off. Let water run over the area; pat dry.
- Adhesive strips will fall off on their own over 1 to 2 weeks. Do not pull them off.

ACTIVITY

- **Avoid strenuous exercise, running, cycling, and heavy lifting for about 7 days.** Vigorous activity too soon is the main cause of pellets working their way out.
- Light walking and normal daily activity are fine right away.
- Return to desk work the same or next day.

MEDICATIONS

- Acetaminophen (Tylenol) or ibuprofen as needed for soreness.
- Finish any antibiotic you were prescribed.
- Resume blood thinners when your provider tells you to.
- **Stop any other testosterone product** unless your urologist told you otherwise.

WHAT IS NORMAL

- Soreness, bruising, and mild swelling at the site for several days
- A firm lump where the pellets are — this softens as they dissolve
- Occasional mild aching at the site for a week or two

WHAT TO EXPECT OVER TIME

- Levels rise over the first few weeks and stay steady for **3 to 6 months**.
- Symptoms often improve gradually rather than suddenly.
- **Blood work is required** — testosterone, blood count, and PSA — as scheduled.
- Plan your next insertion when symptoms begin returning, usually around 3 to 4 months.

Lab appointment: _____ Next insertion due: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- **A pellet coming out through the incision** — save it and call us

- Increasing redness, warmth, swelling, or pus-like drainage from the site
- Fever over 101°F or shaking chills
- Bleeding that does not stop with 10 minutes of firm pressure
- A rapidly enlarging, firm, painful swelling at the site
- Worsening pain after the first few days rather than improving