LOUDOUN INTERNAL MEDICINE ASSOCIATES

What Might Occur After a Pellet Insertion for Males

A significant hormonal transition may occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

INFECTION
Infection is a possibility with any type of procedure. Infection is uncommon with pellet insertion and occurs in <0.5 to 1%. If redness appears and seems to worsen (rather than improve), is associated with severe heat and/or pus, please contact the office. Warm compresses are helpful, but a prescription antibiotic may also be needed.

ELEVATED RED BLOOD CELL COUNT
Testosterone may stimulate growth in the bone marrow of the red blood cells. This condition may also occur in some patients independent of any treatments or medications. If your blood count goes too high, you may be asked to see a blood specialist called a hematologist to make sure there is nothing worrisome found. If there is no cause, the testosterone dose may have to be decreased. Routine blood donation may be helpful in preventing this.

PELLET EXTRUSION
Pellet extrusion is uncommon and occurs in < 5% of procedures. If the wound becomes sore again after it has healed, begins to ooze or bleed or has a blister-type appearance, please contact the office. Warm compresses may help soothe discomfort.

ITCHING OR REDNESS
Itching or redness in the area of the incision and pellet placement is common. Some patients may also have a reaction to the tape or glue. If this occurs, apply hydrocortisone to the area 2-3 times daily. If the redness becomes firm or starts to spread, please contact the office.

FLUID RETENTION/WEIGHT GAIN
Testosterone stimulates the muscle to grow and retain water which may result in a weight change of two to five pounds.

SWELLING OF THE HANDS & FEET
This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, or by taking a mild diuretic, which the office can prescribe.

BREAST TENDERNESS OR NIPPLE SENSITIVITY
These may develop. The increase in estrogen sends more blood to the breast tissue. Increased blood supply is a good thing, as it nourishes the tissue. Take 2 DIM daily to support healthy estrogen metabolism. In males, this may indicate that you are a person who is an aromatizer (changes testosterone into estrogen). DIM supports healthy estrogen metabolism. Testosterone normally converts to estradiol, and high estradiol levels in males may lead to breast and nipple tenderness, as well as sexual dysfunction.

MOOD SWINGS/IRRITABILITY
These may occur if you were quite deficient in hormones. These symptoms usually improve when enough hormones are in your system. 5HTP can be helpful for this temporary symptom and can be purchased at many health food stores.

HAIR LOSS OR ANXIETY
Usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases. 5HTP may be helpful for anxiety and is available over-the-counter.

FACIAL/BODY BREAKOUT
Acne may occur when testosterone levels are either very low or high. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.

AROMATIZATION
Some men will form higher-than-expected levels of estrogen from the testosterone. Symptoms such as nipple tenderness or feeling emotional may be observed.

HIGH OR LOW HORMONE LEVELS
The majority of times, we administer the hormone dosage that is best for each patient, however, every patient breaks down and uses hormones differently. Most patients will have the correct dosage the first insertion, but some patients may require dosage changes and blood testing. If your blood levels are low, results are not optimal and it is not too far from the original insertion, we may suggest you return so we can administer additional pellets or a “boost” (at no charge). This would require blood work to confirm. On the other hand, if your levels are high, we can treat the symptoms (if you are having any) by supplements and/or prescription medications. The dosage will be adjusted at your next insertion.

TESTICULAR SHRINKAGE
Testicular shrinkage is expected with any type of testosterone treatment.

LOW SPERM COUNT
Any testosterone replacement will cause significant decrease in sperm count during use. Pellet therapy may effect sperm count, which may lead to permanent infertility. If you are planning to start or expand your family, please talk to your provider about other options.

I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY AND UNDERSTAND THE INFORMATION ON THIS FORM

PATIENT:
Print Name: _____

Signature: _____ Date: _____

WITNESS:
Print Name: _____

Signature: _____ Date: _____