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## **Testopel™ Information**

Your physician has prescribed Testopel™ testosterone replacement therapy for you. Testosterone pellet insertion is performed in the office, under local anesthesia. Pellets are placed in the hip and buttock area, just under the skin, into the fat layer. There is minimal discomfort during the procedure. The treated area may be uncomfortable for several days, and is treated with ice packs, rest and Tylenol. As with any procedure, there is a risk of bruising which will subside. Infection of the treated area is rare, but may occur, and will result in further medical treatment. Pellets may extrude to the surface of the skin, requiring them to be removed, and re-inserted.

### **Instructions Prior to Procedure**

- **Stop all blood thinner 5 days prior to your procedure.** These include but are not limited to: Aspirin, Aspirin containing products, Vitamin E, Fish Oil, herbal remedies, Plavix, Xarelto, Pradaxa, Effient, Eliquis, Lovenox, Arixtra, Savaysa, ibuprofen, naproxen, and arthritis medications. If you are on Coumadin, please speak to your doctor for special instructions. If you are unsure of a certain medication being taken before the procedure, please contact your doctor.

### **Instructions after Your Procedure**

- You may experience soreness and/or bruising at site of insertion.
- You should be able to return to work the next day.
- It is advisable for you to avoid strenuous exercise for 48 hours and not swim or soak for 72 hours.

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