

## What Might Occur After Pellet Insertion For MEN

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. *Therefore, certain changes might develop that can be bothersome* but most are temporary.

We are well-staffed with a knowledgeable hormone team that can answer your questions or address any concerns that may arise while you are on pellet therapy. Please call our office at 970-223-0193 and ask to speak to our medical assistant, or email us at [hormonereplacement@alluraclinic.com](mailto:hormonereplacement@alluraclinic.com). Our medical assistant can answer most questions and will contact one of our providers if necessary.

**Soreness:** Due to the number of pellets that are inserted in the buttocks area you may experience soreness for up to 2-3 weeks. Soreness is aggravated if you exercise too soon after your appointment. We strongly suggest waiting 5-7 days before returning to a vigorous exercise program.

**Pellet Extrusion:** Pellets can work themselves out 6-8 weeks after the insertion for a variety of reasons: the number of pellets inserted (usually 6-10) increases the chances of pellets coming to the surface, exercising 2-3 days after pellet insertion, returning to a rigorous exercise program 5-7 days after pellet insertion, constant irritation at the insertion site caused by your belt or waistband, physical work demands (climbing up & down ladders), prolonged sitting (truck drivers, motorcyclists), and even recreational activities can cause pellets to extrude. ***Please call our office if you do experience tenderness, redness or discomfort at the insertion site.***

**Breast tenderness, enlargement, and/or nipple sensitivity:** All men convert a small percentage of testosterone to estrogen. However, a small number of men convert a higher percentage of testosterone to estrogen than usual. If you are in this group of men, the improved & higher **testosterone** level can result in a *higher* than normal **estrogen** level for you. The high estrogen level can result in breast tenderness, enlargement, and/or nipple sensitivity. The side effects are *temporary*. These side effects can be reduced or eliminated by reducing your subsequent testosterone dose and/or prescribing a medication that will block the conversion of testosterone to estrogen.

**Weight gain:** Weight gain in unwanted areas such as the abdomen can occur in the same group of men mentioned above for the same reason: high estrogen level after improvement of your testosterone level. Weight gain is *temporary*. This side effect can be reduced or eliminated by reducing your subsequent testosterone dose and/or prescribing a medication that will block the conversion of testosterone to estrogen.

**Mood swings and irritability:** These may occur if you were quite deficient in hormones. These symptoms will disappear or lessen when your testosterone level is improved.

**Facial breakout:** Some pimples may arise if you are very deficient in testosterone. Acne lasts a short period of time and can be handled with a good face cleansing routine, astringents and/or toner. If these solutions do not help, please call our office for suggestions and possibly a prescription.

**Aggressiveness:** This can occur if your testosterone level is too high. Aggressiveness will improve once your testosterone level decreases to therapeutic ranges. Aggressiveness can be avoided by reducing your testosterone at your subsequent appointment.