

Advanced Skin & Vein Care Centers

CONSENT FOR FEMALE PELLETT INSERTION

I wish to receive hormone pellet implants for the purpose of reducing symptoms that are at least in part due to low levels of testosterone and estradiol. Even though hormone pellet implantation has been done for over 50 years by a large number of doctors around the world, I realize that it is not the usual and customary means of hormone replacement. These pellets are a bioidentical testosterone and/or estradiol inserted under the skin (subcutaneous) of my lateral buttocks to achieve a steady and consistent delivery of hormone into my bloodstream.

I will receive the amount of hormone as determined by my physician in pellet form inserted subcutaneously in my hip area. Although results are usually favorable in reducing or eliminating the symptoms of hormone deficiency, I have not been given any promises or guarantees of positive results in my individual case.

I realize that hormones may increase my libido (sexual desire), energy, mental clarity, bone strength, muscle strength and mass, and improved sense of well-being and mood.

Occasionally, hormone implants have been associated with temporarily increased levels of anxiety, insomnia, depression, lethargy, increased sleeping, or fatigue. These events occurred in the first few weeks following implantation and are believed to be a response to rapidly rising hormone levels.

I may experience transient tenderness of my nipples, increased oiliness of my skin and/or mild acne.

Rarely, some patients have experienced some increased hair growth or a slight deepening of the voice.

I may experience vaginal bleeding, spotting or cramping, in some cases recurrent and severe. I may develop uterine fibroids, ovarian cysts, thickening of the lining of the uterus and possibly the development of uterine cancer has been noted in rare cases.

Although there is concern in the literature about hormone replacement and breast cancer, my physician has explained to me the actual risks versus potential benefits of hormone therapy. I am aware that my physician requires me to obtain bi-yearly mammograms or thermograms, because if a breast cancer develops, then hormone therapy may not be advisable at that time.

As with any surgical procedure, I understand that there are certain risks, such as bleeding, bruising, swelling and pain. There is a very slight chance of a wound infection as there is with any type of surgical procedure. This would be easily treated with an antibiotic, or very rarely, incision and drainage.

I understand that taking large amounts of hormones in forms other than pellets has resulted in heart disease or high cholesterol. I have been informed that bioidentical subcutaneous hormone pellets have not been associated with these problems.

It has been explained to me that there may be an increase in my red blood cell count and concentration due to the testosterone, which may cause my blood to be thicker than desired. This thickening of my blood may increase my risk of developing a blood clot. In the case that my hemoglobin/hematocrit are

higher than desired as determined by my doctor, I will be required to donate blood periodically to lower this level.

Pellet extrusion (coming out) has been known to occur on rare occasions. Incidence in the literature is between 2-5%. This extrusion may be accompanied by a slight drainage or infection for a few days to a few weeks.

Pellets should be considered irretrievable once they are inserted. However; in extraordinary circumstances, pellets may be removed by a general surgeon via a minor outpatient surgical procedure. Pellets may be added if needed to achieve desired results/blood levels. They dissolve completely in 4-12 months.

I understand that payment is due in full at the time of service. I also understand that it is my responsibility, if I so choose, to submit a claim to my insurance for possible reimbursement. I have been advised that most insurance companies do not consider pellet therapy to be a covered benefit and my insurance company may not reimburse me.

My signature below certifies that I have read and understand all of the above, that all my questions about this procedure have been answered satisfactorily. I wish to proceed with the pellet insertion. This consent covers present and future insertions.

_____	_____
Patient	Date
_____	_____
Witness	Date

Follow Up Instructions – Women Pellet Implantation

After insertion, you will need to wait in the doctor’s office for minimum of 20 minutes to ensure you tolerated the procedure well. After this time, you will be allowed to leave. You are allowed to drive yourself home. You should avoid vigorous physical activity for 24 hours following the insertion of the pellets and any weight resistance training with the lower body for 3 days. There are only a few things to watch for:

Pain at insertion site:

The most common undesired effect that occurs in patients receiving pellet insertion is for the area to be slightly tender where the pellets were placed. However, the pain should be minimum and easily relieved with two Tylenol regular strength caplets. If the area is more painful than this, call your physician.

Bleeding at insertion site:

Infrequently, patients develop a hematoma (a blood clot) around the pellets due to excessive bleeding at the site of the insertion. This blood clot is not dangerous and cannot travel to the lungs or cause a stroke. It can however be uncomfortable and sometimes causes bleeding, usually a quick gush of blood, possibly extruding pellets with it. If the bleeding is heavy or lasts for more than ½ hour, call your physician.

Infection at the site of insertion

If you develop more than minor pain unrelieved with Tylenol, redness, swelling or notice pus at the wound site, call your physician right away. If an infection does develop, your physician will want you to receive oral or intramuscular antibiotics right away. Delay could result in the spreading of the infection and the pellets inadvertently falling out. You may shower in 24 hours. Wash with soap and warm water. Do not use Hydrogen Peroxide or any antibiotic ointment. A dry dressing may be applied during the day to protect the incision. After the first 24 hours, leave the incision open to air at night.

Pellet extrusion

Although uncommon, if a pellet does fall out, do not attempt to put it back in. Simply let your physician know that one or more pellets came out. Your physician calculates your next dosage based on the number and strength of each pellet, which was inserted.

Side effects of the hormones

If you develop vaginal bleeding, spotting, severe cramps or extreme fatigue, contact your physician immediately.

If you develop clitoral enlargement, experience hair loss (male patterned baldness), or facial hair, please let your physician know at your next appointment.

In general, pellet implants are extremely safe and effective. In the case that you are having side effects which concern you, please do not hesitate to contact your physician.