

****Evexias Hormonal Therapy Pre and Post Instructions****

****Pre-Treatment Instructions:****

1. ****Consultation****: Schedule a consultation with your provider to discuss your medical history, current symptoms, and hormonal imbalances. Blood work may be required to assess your hormone levels.
2. ****Medication and Supplements****: Inform your provider of any medications or supplements you are currently taking. Some medications may need to be adjusted prior to treatment.
3. ****Dietary and Lifestyle Adjustments****: You may be advised to follow specific dietary or lifestyle changes to support the therapy's effectiveness. This may include stress management techniques, diet adjustments, or exercise.
4. ****Fasting****: If instructed by your provider, fasting for a few hours may be required before blood work.
5. ****Medical Conditions****: Make sure to inform your provider of any pre-existing medical conditions, including pregnancy, to ensure the therapy is suitable for you.

****Post-Treatment Instructions:****

1. ****Hydration****: Drink plenty of water to help your body adjust to the new hormone levels and aid in balancing.
2. ****Monitor Symptoms****: Keep track of any changes in your symptoms, both positive and negative, and report them to your provider. Some effects may be noticed in the first few weeks, while others may take longer.
3. ****Follow-up Appointments****: Attend follow-up appointments as recommended to monitor your hormone levels and adjust dosages if necessary.

4. **Exercise and Nutrition**: Continue a balanced diet and exercise routine as advised by your provider to support optimal hormonal balance.
5. **Avoid Excessive Heat**: In the case of pellet therapy, avoid sitting in hot tubs or saunas for the first few days, and follow your provider's instructions regarding post-pellet placement care.

What to Expect

1. **Gradual Improvement**: After starting Evexias Hormonal Therapy, expect gradual improvements in your symptoms. It can take a few weeks to notice significant changes, depending on the individual and the type of treatment.
2. **Increased Energy & Mood Stability**: Many patients experience increased energy levels, better mood stability, and an overall improvement in well-being within a few weeks of starting therapy.
3. **Enhanced Libido & Sexual Health**: You may notice improvements in libido, sexual performance, and overall hormonal balance.
4. **Improved Sleep & Cognitive Function**: Many patients report better sleep quality and mental clarity as their hormone levels stabilize.
5. **Adjustment Period**: Some patients may experience minor side effects, such as bloating, slight weight fluctuations, or mood swings as their body adjusts to the new hormone levels. These usually subside after a few weeks.
6. **Follow-up Testing**: Expect regular blood tests to monitor hormone levels and make necessary adjustments to your treatment plan.