



THRIVE

wellness + aesthetics

UNDERSTANDING HORMONE
REPLACEMENT THERAPY
(HRT)

WHAT IS HRT?

Hormone Replacement Therapy (HRT) is a treatment option for men and women experiencing hormone fluctuations due to aging. It utilizes bioidentical hormones to ease the effects of these fluctuations.

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WHO IS A CANDIDATE FOR HRT?

Menopausal women, men with low testosterone, and individuals experiencing hormone fluctuations due to aging may be candidates for hormone therapy.

HRT TREATMENT PROCESS

The HRT process begins with a simple blood test to determine hormonal levels and customize treatment. A blend of hormones such as estrogen and testosterone are inserted under the skin in a quick procedure. Progesterone may be required to be taken orally.

RECOVERY FROM HRT

Recovery from hormone pellet therapy is minimal, with mild redness, bruising, and swelling typically resolving within a week. Discomfort is manageable with over-the-counter pain medication, and patients can resume normal activities after a brief recovery period.

HOW LONG DO RESULTS LAST?

Results from HRT typically last 3-5 months as the bioidentical hormones gradually dissolve. Expect improvements in symptoms such as hot flashes, mood swings, libido, and more.

CONTACT US

Experience the benefits of Hormone Replacement Therapy with Thrive Wellness and Aesthetics. Take the first step towards reclaiming your liveliness and [contact us](#) today.