

Proper Application for Effective Hormone Replacement Therapy

Topical hormones absorb best through thin-skin areas, where blood flow is higher and the skin barrier is lighter. Proper rotation and rubbing technique improve absorption, reduce irritation, and support steady hormone levels.

Dispensing Your Prescription

- **Pump:** Press the pump all the way down to dispense the cream.
- **Click:** Twist the bottom until you feel a “click.” This will push the cream out through the holes at the top.



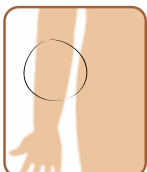
Application Technique for Maximum Efficacy

→ APPLY TO THIN-SKIN AREAS

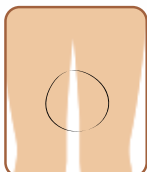
Thin-skin areas allow faster, more consistent hormone absorption. Apply creams only to clean, dry skin in these areas:

For women:

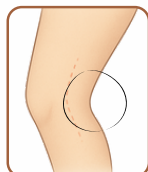
- Inner arm
- Inner thigh
- Behind the knee
- Buttocks



INNER ARM



INNER THIGH



BEHIND KNEE



BUTTOCK

Always rotate application sites.

→ VAGINAL USE

If instructed to use it this way, nightly or alternating with thin skin:

- Apply right before bedtime
- Dispense cream onto clean fingertip
- Insert fingertip up to first knuckle and swirl around on the tissues
- Wash hands
- Lay down after application
- Avoid contact with partners after application

If directed to use vaginally rotating with topically, weekly schedule example: T-T-V-T-T-V-T

→ ROTATION IS NECESSARY

Avoid applying to the same exact spot every day. Reusing a site too soon can cause:

- Skin thinning or irritation
- Decreased absorption over time
- Hormone “pockets” under the skin
- Fluctuating or inconsistent hormone levels

Important Application Instructions:

- Rub in thoroughly and allow the cream to fully dry before dressing.
- Apply to covered areas when possible.
- Avoid skin contact with children, pets, or partners for 3–4 hours after applying.
- Wash hands after application; use your own towel to prevent transfer.
- Be mindful that clothing or linens may carry residue—use caution with laundry.
- Avoid showering, swimming, or exercising for 4 hours for best absorption.