

# TRANSDERMAL CREAM HOW-TO

## WHAT DOES TRANSDERMAL MEAN?

**Transdermal hormones are delivered through the skin.**

## YOUR GUIDE

1. Wash and dry your hands before and after applying the cream.
2. Squeeze out the prescribed amount of cream
3. Apply it to clean and dried skin. Use spots such as the inner wrist, inner bicep, abdomen, or inner groin.
4. Spread the cream in a thin layer about the size of a plate.
5. Wash your hands after application.
6. Allow the cream to dry completely before dressing.

## TIPS

**Rotating Sites:** Rotate the application sites to prevent skin irritation and improve absorption.

**Set Reminders:** We recommend setting reminders on your phone calendar for application to maintain a steady dose in your body

**Dosing:** Make sure to use the entire amount of cream prescribed- no need to ration! You want the full amount to get the full effects.

**Monitoring:** Regularly check the skin for any irritation or allergic reactions and report any concerns to our clinic immediately.

**Storage:** Store as directed, usually in a cool, dry place away from direct sunlight.

**Safety and Efficacy:** After applying the cream, avoid skin-to-skin contact with others in the application area until the is dry. Avoid washing the area for a few hours to ensure proper absorption. You can apply it after you're dry from the shower to help time-it!

# TRANSDERMAL GEL HOW-TO

## WHAT DOES TRANSDERMAL MEAN?

**Transdermal hormones are delivered through the skin.**

## YOUR GUIDE

1. Wash and dry your hands before and after applying the gel.
2. Squeeze out the prescribed amount of gel.
3. Apply it to clean and dried skin. Use spots such as the inner wrist, inner bicep, abdomen, or inner groin.
4. Spread the gel in a thin layer about the size of a plate.
5. Wash your hands after application.
6. Allow the gel to dry completely before dressing.

## TIPS

**Rotating Sites:** Rotate the application sites to prevent skin irritation and improve absorption.

**Set Reminders:** We recommend setting reminders on your phone calendar for application to maintain a steady dose in your body

**Dosing:** Make sure to use the entire amount of gel prescribed- no need to ration! You want the full amount to get the full effects.

**Monitoring:** Regularly check the skin for any irritation or allergic reactions and report any concerns to our clinic immediately.

**Storage:** Store as directed, usually in a cool, dry place away from direct sunlight.

**Safety and Efficacy:** After applying the gel, avoid skin-to-skin contact with others in the application area until the is dry. Avoid washing the area for a few hours to ensure proper absorption. You can apply it after you're dry from the shower to help time-it!

# TRANSDERMAL PATCH HOW-TO

## WHAT DOES TRANSDERMAL MEAN?

**Transdermal hormones are delivered through the skin.**

## YOUR GUIDE

### Apply the Patch:

- Remove the patch from its packaging without touching the sticky side. Press the patch firmly onto your skin for about 10 seconds. We recommend the belly, back, or upper buttocks: on areas that can be reached, and don't go under where a waistband might hit. Make sure the edges are sticking well.

### Change the Patch:

- Follow the schedule we prescribe. Remove the old patch before applying a new one. If there is adhesive left, let it dry for 15 minutes, then use lotion or oil to rub any sticky residue off. Rotate the application site each time to avoid skin irritation.

### Disposal:

- Fold the used patch in half with the sticky sides together and dispose of it in the trash (not in the toilet!) where a child or pet cannot access it.

## TIPS

**Site Choice:** Rotate the application sites to prevent skin irritation and improve absorption. Make sure the skin where you place the patch is intact, so avoid placing the patch over any cuts, scrapes, burns, or sores. Patches can be placed over healed tattoos.

**Set Reminders:** We recommend setting reminders on your phone calendar for application to maintain a steady dose in your body

**Monitoring:** Regularly check the skin for any irritation or allergic reactions and report any concerns to our clinic immediately.

**Storage:** Store as directed, usually in a cool, dry place away from direct sunlight