

# TOPICAL HORMONE REPLACEMENT POST-CARE

## TOPICAL HORMONE REPLACEMENT POST-CARE INSTRUCTIONS

### 1. Application Site Care

- **Clean Skin:** Apply the hormone cream to clean, dry skin. Avoid applying to irritated or broken skin.
- **Preferred Areas:** Use recommended areas such as the upper arms, shoulders, or thighs. These sites tend to have thinner skin and better absorption. Avoid areas with a lot of body hair as well as sensitive areas such as the breasts. Genital application can be used in the rotation but should not be placed consistently in this area.

### 2. Post-Application Precautions

- **Wash Hands:** Immediately wash your hands thoroughly with soap and water after applying the cream to avoid accidental transfer to other body parts or people.
- **Let It Dry:** Allow the cream to fully absorb and dry before covering the area with clothing. This typically takes a few minutes.
- **Avoid Water:** Do not swim, bathe, shower, or engage in activities that cause heavy sweating for at least 2-4 hours after application, as water can wash off the cream and reduce its effectiveness.

### 3. Preventing Transfer to Others

- **Avoid Contact:** Avoid skin-to-skin contact with others, especially children and pets, on the application site for several hours after applying the cream. Transfer can cause unintended hormone exposure.
- **Clothing:** After the cream has dried, wearing clothing over the application site can help minimize the risk of transfer to others.

### 4. Dosage and Timing

- **Follow Prescribed Schedule:** Apply the cream exactly as prescribed by your healthcare provider. Do not apply more or less than directed, as hormone levels need to be carefully balanced.
- **Consistent Timing:** Apply the cream at the same time each day to maintain consistent hormone levels.

### 5. Side Effects and Monitoring

- **Watch for Skin Reactions:** Monitor the application site for any signs of irritation, redness, or rash. If you notice any adverse reactions, contact your healthcare provider.
- **Monitor Symptoms:** Be aware of potential side effects such as mood changes, headaches, or changes in libido. Report any concerning symptoms to your healthcare provider.

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#### 6. Storage and Handling

- **Proper Storage:** Store the hormone cream at room temperature, away from heat and direct sunlight. Keep it out of reach of children and pets.
- **Container Care:** Ensure the container is tightly closed when not in use to prevent contamination.

#### 7. Missed Dose

- **What to Do:** If you miss a dose, apply it as soon as you remember. If it's almost time for your next dose, skip the missed dose and continue with your regular schedule. Do not double the dose to make up for a missed one.

#### 8. Disposal

- **Proper Disposal:** Dispose of empty cream containers and any applicators according to local regulations. Do not flush them down the toilet or throw them in the trash if specific disposal instructions are provided.

Following these guidelines will help ensure the safe and effective use of topical hormone creams.

**Please notify The Alchemy Clinic at the office 603-206-5804 or text 978-666-9488 if you are experiencing concerns related to treatment.**