

how to apply transdermal hormone medication

Transdermal application sites for males

General directions:

- 1 Wash hands before and after application of cream.
- 2 Rub cream in thoroughly for 60-120 seconds in an area the size of a small plate so the cream can cover as much skin as possible with dose prescribed.
- 3 Avoid showering for a minimum of 4 hours after application of cream.
- 4 Do not dress the area for 30 minutes after application of cream.

For optimum results, apply testosterone cream to:

- Undersurface of the forearm
- Bony area of the hips
- Back of the knees
- Back of the neck

It is best to rotate sites every 1 to 2 days

