

Tips for Applying Hormone Creams

Each patient has their own unique hormone profile. This means that each patient will need to have a personalized prescription of human-identical hormones compounded just for them. “Compounding” refers to the art of custom preparation of medicines.

Hormones are lipophilic or fat-loving substances and as such, are good candidates for absorption across the skin. Delivery through the skin is more similar to the body’s own delivery of hormone than orally administered hormones. The main advantage of skin delivery is that it bypasses metabolism by the liver. Unlike oral forms, which are changed by the liver before they get to tissue, hormone creams tend to deliver the hormone “key” straight to the receptor “lock”.

Some tips...

1. Apply cream twice daily a.m. and p.m. or as directed by the doctor.
2. Creams penetrate moist skin better than dry skin, so apply after a bath or shower (after towel drying).
3. Creams penetrate thin skin better than thick skin, so apply to softer skin like the inside of the arms. Skin that blushes is best.
4. Applying to a large area is preferable to concentrating all the hormone in a small area.
5. Don’t apply bases to upper abdominal skin, as this hormone may go directly to the liver and form metabolites prior to delivery to tissue.
6. Don’t apply testosterone creams to the inner thighs as it might promote hair growth in this area - outer thigh and shoulders might be best.
7. Rotate through three or four different sites to avoid saturating the tissue in one area.
8. A progesterone cream break each month to avoid developing a tolerance to its benefits. Taking a short break each month allows the progesterone to continue working.
 - If you are still menstruating, take progesterone on days 8-26 of your cycle (the start of menses = day 1).
 - If post-menopausal (taking only progesterone), take for 25 days then take 5-6 days off each month.
 - If post menopausal (taking in conjunction with estrogen), apply cream every day of the month. Taking a 5 day break could cause withdrawal bleeding.