



Starting Topical Testosterone Cream

Testosterone is an important hormone for women. It plays a role in: energy, motivation, libido, mood, cognitive function, sleep, bone health, muscle mass & strength, and much more

Low levels of testosterone can cause: fatigue, brain fog, memory problems, decreased sex drive, reduced motivation, decreased exercise recovery and muscle mass, and more

TESTOSTERONE CREAM INSTRUCTIONS

- Apply cream to areas with fairly thin skin (not over bony or fatty areas) - inner upper arms, inner forearms, inner thighs, back of knees, lower abdomen, or low back/upper buttocks - see site diagram [HERE](#)
- Start with 1 click of cream each morning. Rotate application sites daily.
- Monitor for improvements in energy, mood, focus, concentration, memory, motivation, libido, sleep, or any other specific symptoms that we are working on improving
- After 2-3 weeks, you can increase to 2 clicks at a time if needed. Continue increasing by 1 click every 2-3 weeks until you feel like your symptoms are being well controlled.
- Avoid swimming, bathing, showering, strenuous exercise, or sweating for at least 2 hours after application.
- Topical HRT creams can transfer to others via skin-to-skin contact. Do not allow other people or pets to come in contact with your cream application site for at least 1 hour.
- Wash your hands after application
- Keep creams in a safe, cool spot away from children and pets
- This is a good video walking through the steps of using the topi-click cream dispenser that most of our HRT creams come in: [TOPICLICK INSTRUCTIONS](#)

Our goal with testosterone therapy is to help you feel your best and to optimize your health and longevity. It is very common to need a higher dose before you notice an optimal effect. Sometimes we may change dose frequency or formulation as well. We personalize treatment to each individual person, so do not be discouraged if you do not have the effect that you expected right away.

We will follow up 1 month after starting or adjusting your testosterone regimen then every 3 months when you are on a stable regimen. We will check labs every 3 months. You will need to check your blood pressure monthly.

Please reach out anytime you have a question or concern. [You can text us anytime at 913-513-2166](#). We are here to help!

POSSIBLE SIDE EFFECTS OF TESTOSTERONE THERAPY

- Most side effects - especially any significant side effects - are caused by a dose that is too high. This is why we start at a very small dose and increase slowly as needed.
- If your dose is too high, you may experience excess hair growth to face or body, acne, oily skin and hair, weight gain, anger, or mood swings.
- Less common side effects associated with a dose that is *much* too high include male pattern hair loss, deepening of voice, and clitoral enlargement.
- More common side effects include mild nausea, irritability, increased hunger, sleep disturbances, or just feeling a little off at first. These typically resolve with a little time adjusting to the medication.
- If you have any worrisome or bothersome side effects, let us know so that we can make adjustments as necessary.

THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED UPON PROVIDER - PATIENT RELATIONSHIP.

IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG