

HRT CREAM APPLICATION SITES

FRONT

BACK

**INSIDE OF
UPPER ARM**

**INNER
FOREARM**

**LOWER
ABDOMEN**

UPPER BUTTOCK

**INNER
THIGH**

BACK OF KNEES

**USE AREAS WITH FAIRLY
THIN SKIN. DO NOT USE
AN AREA WITH A LOT OF
FAT OR OVER A LARGE
MUSCLE**

ROTATE SITE EACH DAY

**RUB IN CREAM UNTIL IT
IS WELL ABSORBED**

**AVOID SHOWERING,
SWIMMING, OR SKIN TO
SKIN CONTACT WITH
OTHER PEOPLE OR PETS
FOR 2 HOURS**

**WASH HANDS AFTER
APPLICATION**

