



Lorraine Maita, MD

Taking Hormones – When and How

Estrogen and Progesterone Skin Creams

Estrogen is best applied in the morning, oral progesterone at night

- Apply cream after showering
- Rub in thoroughly until gone for about 2 minutes
- Allow cream on skin to air dry
- Rotate sites daily
- Wash hands after application
- After drying, you may put on other creams, ointment, lotions and make up as long as they do not have an alcohol base

Areas of application (DO NOT APPLY to breasts or buttocks)

- Inner arms
- Upper chest
- Lateral sides of chest
- Inner thighs (wash before intimacy with partner)

CREAMS ARE TRANSFERRABLE CAUTION WITH CHILDREN, SPOUSES, ETC.

Wash hands after each application

- Wear clothing over area applied

Progesterone Cream or Oral Progesterone

Progesterone is best to take at night orally, the cream can be either

- Non cycling, post menopausal women – Take daily with one day off per week – e.g. every day except Saturday (if not completely menopausal and many skipped periods, take on first day of month, days 1-25 and start again on the first of the next month)
- Cycling women – Take days 10-25 unless directed otherwise. Must have several days off. Treatment in cycling and perimenopausal women is highly variable and dependent on symptoms
- Take oral progesterone at night – it can cause drowsiness
- Do not take the night before a saliva test

Applying Testosterone Skin Cream

For men, same as estrogen cream – BE CAREFUL ABOUT TRANSFERENCE

For women – same as above EXCEPT:

- Best absorbed if applied to vulvo vaginal area in and around the vagina
- Can apply to the clitoris at times to enhance orgasm but continued application will result in clitoral enlargement
- If applying to skin, rotate sites or hair will grow wherever it's applied.
- Apply in an area that will be covered

For men – same as above EXCEPT:

- Shoulders, chest, inner arms or inner thighs
- Apply after sex or many hours before sex to avoid transference

HAIR WILL NOT GROW ON HEAD SO DO NOT APPLY TESTOSTERONE CREAM TO HEAD