

Transdermal Medication Application

What Is Transdermal Medication?

Transdermal medications are applied to the skin and absorbed into the body over time. They are often used for hormone therapy and other long-acting medications.

Before You Apply

1. Wash your hands with soap and water.
2. Make sure the skin is:
 - Clean
 - Dry
 - Free of lotions, oils, powders, or sunscreen
3. Measure your prescribed dose if using a cream or gel.

Where to Apply

Use only the areas recommended by your provider, such as:

- Inner forearms
- Inner thighs
- Upper outer arms
- Lower abdomen



Important

- Use a different spot each time to help prevent skin irritation.
- Do not apply to skin that is cut, irritated, sunburned, or has a rash.
- If needed, trim hair. Do not shave right before applying.

How to Apply

1. Apply the prescribed amount to the skin.
2. Rub it in until absorbed.
3. Let the area dry completely before getting dressed.
4. Wash your hands after applying the medication.

Avoid Transferring Medication to Others

After applying:



- Do not allow others to touch the area until it is dry.
- Keep the area covered with clothing if recommended.
- Be especially careful around children and pets.

Storage and Disposal

Store Your Medication

- Keep in a cool, dry place.
- Protect from heat and direct sunlight.
- Keep out of reach of children and pets.
- Follow label instructions for refrigeration if needed.

Dispose Safely

- Follow your provider's instructions for used applicators.
- Do not flush medication unless instructed.
- Keep discarded medication away from children and pets.

Frequently Asked Questions

Will it cause irritation?

Some people notice mild redness or irritation. Contact your provider if redness, rash, burning, or itching does not go away.

What if I miss a dose?

Follow your provider's instructions. Do not apply extra medication unless directed.

Can I shower or swim?

Wait 1–2 hours after applying creams or gels before showering, bathing, or swimming unless your provider tells you otherwise.

Can I wear clothing over it?

Yes. Let the medication dry first.

Can I apply it to broken skin?

No. Apply only to healthy, unbroken skin.



How should I store it?

Follow the instructions on the medication label. Ask your pharmacist or provider if you have questions.

Need Help?

It is normal to have questions when starting a new medication. Contact your healthcare provider if you experience:

- Severe skin irritation
- Signs of an allergic reaction
- Unexpected side effects
- Questions about your dose or application

We are here to help you use your medication safely and effectively.

