



**True Compounding Pharmacy**  
634 C Pine Ridge Dr, West Columbia, SC 29172  
Phone: 803-888-2990  
Hours: Mon–Fri: 9 a.m.–5 p.m. | Sat–Sun: Closed

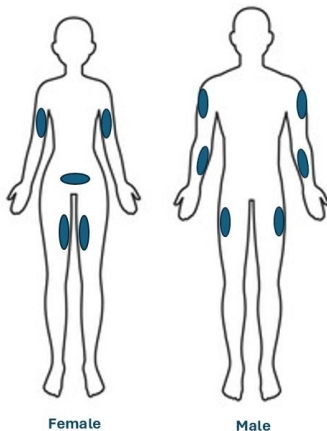
## What Are Compounded Hormone Creams?

Compounded hormone creams are custom-made medications that deliver bio-identical hormones such as estrogen, progesterone, testosterone, or DHEA through the skin. They are personalized based on your individual hormone levels and symptoms. They may be commonly used for:

- Menopausal symptom relief (e.g., hot flashes, night sweats)
- PMS and irregular menstrual cycles
- Low libido or sexual dysfunction
- Fatigue or mood swings
- Hormonal imbalances (e.g., estrogen dominance, low testosterone)
- Thyroid support (in specific compounded formulas)

## How to Use Your Hormone Cream

1. Wash hands **before** and **after** application.
2. Apply the prescribed amount (usually measured using a Topiclick Device) to the recommended site (see below) that is clean and dry.
3. Apply thinly to a large area, at least the size of your palm. It is best to choose a site that is covered, or the hormones could be transferred to people, children or pets. If skin-to-skin contact is unavoidable, allow at least 3 hours from application.
4. Rub gently into the skin until fully absorbed, approximately 2 minutes.
5. Rotate sites daily to avoid skin irritation.
6. Avoid showering, bathing, or swimming for 1 hour after application.



## Common Application Sites

Ideal site: slightly fatty area

For Women:

- Inner arms
- Inner thighs
- Abdomen
- Vaginal area (if directed)

Scan to learn more about:



Progesterone



Testosterone

For Men:

- Inner arms
- Shoulders
- Upper thighs
- Scrotal area (if directed)

## Safety Tips

- Cream can be transferred to other people, children or pets – choose a site that is covered and wash hands after applying.
- Keep out of reach of children and pets.
- Store at room temperature, away from heat or sunlight.
- Do not share your cream with others.
- Do not apply other creams or moisturizers to the same area – as they can interfere with absorption.
- Do not use it if pregnant or breastfeeding, unless under the supervision of a physician.
- Talk to your doctor before starting/stopping any new medications, including supplements or over-the-counter medication

## Common Side Effects

Some patients may experience:

- Mild skin irritation
- Breast tenderness
- Mood swings
- Headaches
- Fatigue
- Acne or oily skin
- Contact your provider or our pharmacy if side effects persist or worsen.
- Use exactly as prescribed – do not adjust your dose without consulting your provider.

