

Testosterone HRT Cream Handout



What is Topical Testosterone HRT?

Testosterone is a natural hormone made in the body by both men and women. It helps regulate many important functions around the body such as energy, mood, muscle, strength, libido, and overall sense of well-being.

As we age, or due to certain medical conditions, testosterone levels can drop which leads to symptoms that affect quality of life.

Topical testosterone is a hormone replacement therapy (HRT) used when the body is not making enough testosterone on its own. It comes in many forms such as creams, gels, lotions, and compounded preparations for custom made strengths.

Benefits of Topical Testosterone HRT.

Topical Testosterone HRT therapy is typically prescribed for patients who want a needle-free way to restore hormone balance. Some benefits of restoring testosterone to healthy, natural levels are:

- Improved mood & motivation
- Better energy levels
- Better focus & cognitive clarity
- Enhanced sexual desire & function
- Improved sense of well-being
- Better sleep

Most patients feel more like themselves again with stable hormone levels.

How to Apply Topical Testosterone HRT

Specific instructions on application:

1. Apply once daily at the prescribed time to clean, dry, intact skin. Rub in well.
2. Typical sites include but are not limited to: Upper arms, inner thighs, shoulders, & behind the knees (women). Rotate sites.
3. Wash your clothes separate from other family members.
4. Wash hands after application .

Side Effects

Side effects are usually mild and dose-related:

- Skin irritation at application site
- Acne or oily skin
- Headache
- Increased body hair (more common in women at higher doses)

If you experience these side effects, contact your provider:

- Increased aggression/irritability
- Hair thinning or scalp hair loss
- Severe mood changes

Your provider will monitor labs to ensure safe testosterone levels.

Tips for Success

Since topical testosterone is absorbed through the skin its important to prevent it from rubbing off onto others. To avoid this:

- Apply only to covered areas
- Let it dry completely while avoiding skin-to-skin contact with others for 2-4 hours.
- Wash hands after application while keeping children and pets away form application sites.
- If someone else touches the application area after use, have them wash with soap and water immediately.

Other tips to ensure successful therapy are:

- Apply your dose consistently at the same time each day.
- Follow the site rotation plan your provider recommends.
- Keep all follow-up lab appointments.
- Report any unusual symptoms right away.