

# The Greene ClimatericMHT Application Guide: Step-by-Step Instructions for Patches, Gels & Sprays Scale

## Key Principle:

Transdermal MHT (through the skin) is the safest method with no blood clot risk and fewer side effects than tablets.

## PATCHES

Applying Your Patch Best time: After showering, on clean, dry skin

### Step 1: Choose Location

Primary sites: Lower abdomen below waistline, upper buttocks, or upper outer arm

Avoid: Breasts, waistline where tight clothing may rub the patch off, or areas with scars/cuts/irritation

Rotation rule: Allow at least 1 week between applications to the same site

Expert tip: Most women find buttocks or upper thigh work best for adhesion

### Step 2: Prepare Skin

Ensure skin is completely clean and dry

No lotions, oils, or powders on application area

Wait if you've just showered - skin must be completely dry

### Step 3: Apply Patch

Remove protective backing Press firmly for 10-15 seconds Run your finger around the edges to ensure good contact Avoid touching the sticky side



## Step 4: Disposal

Fold used patch in half (sticky sides together)  
Dispose safely – patches contain active hormones

## Patch Schedule

Most patches: Change twice weekly (every 3–4 days) Some patches: Change weekly (check your specific prescription)  
Set reminders: Use phone alerts or calendar notes

## Troubleshooting

Patch falls off: Apply new patch, continue normal schedule.  
Skin irritation: Move to different area, contact GP if persistent.  
Forgot to change: Change as soon as remembered, adjust schedule

# GELS

## Step 1: Prepare

Wash and dry hands thoroughly.  
Ensure application area is clean and dry

## Step 2: Measure Dose

Pump dispensers: Use exact number of pumps prescribed

(usually 1–4 pumps)

Sachets: Use entire contents of one sachet unless told otherwise  
Metered doses: Follow your specific prescription (0.5mg, 1mg, etc.)  
Don't guess: Always use the exact amount prescribed

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### **Step 3: Choose Application Area**

Primary licensed areas (Dr. Louise Newson guidelines): Outside of your upper arm OR inside of your upper thigh

IMS/Expert guidance: Inner arms, inner thighs, or shoulders - rotate daily between left and right sides.

Australian guidelines: Shoulders and arm or inner thigh (as per AMS-endorsed applications)

Avoid: Face, breasts, irritated skin, genital area, or areas that will be washed within 1 hour

Coverage area: Spread over skin area the size of both palms combined

### **Step 4: Apply Gel**

Spread gel thinly over skin area the size of both palms

Rub in gently until completely absorbed

Don't rub vigorously - gentle spreading is sufficient

Cover the full recommended area (usually 2 palm-sized areas)

### **Step 5: After Application**

Wash hands immediately with soap and water

Wait 1 hour before showering, swimming, or washing the area

Let dry completely before putting on clothes (2-5 minutes)

Avoid skin-to-skin contact for 1 hour after application

### **Important Timing**

Daily application: Same time each day for consistent levels

Before washing: Wait at least 1 hour after application

Before exercise: Apply after exercise, not before (sweating can affect absorption)

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# SPRAYS

## Applying Spray

Best time: Aftershowering, sametime each day

### Step 1: Prepare

Shake bottle if instructed (check your specific brand)

Ensure application area is clean and dry

Remove cap and check spray nozzle is clear

### Step 2: Choose Application Area

Primary sites: Inner forearms or inner calves

Alternative sites: Inner thighs (if prescribed)

Avoid: Face, breasts, broken or irritated skin

Rotate sites: Switch between arms/legs daily

### Step 3: Apply Spray

Licensed application sites: Inner forearms or inner calves  
(primary choice).

Expert recommendations: Inner forearms preferred for best  
absorption.

Alternative sites: Inner thighs (if prescribed).

Hold technique: Hold bottle upright 3-6 inches from skin.

Application pattern: Spray prescribed number of pumps (usually  
1-3 sprays per application site).

Coverage: Apply to area roughly the size of 2 palm prints

**Important:** Don't rub in - let air dry naturally

### Step 4: Post-Application

Let dry completely (1-2 minutes)

Don't wash hands unless you touched the application area

Wait 30 minutes before washing, swimming, or covering area

Avoid skin contact with others for 30 minutes



## ⚠️ IMPORTANT SAFETY GUIDELINES

### For All Transdermal MHT

#### Avoid Transfer to Others

Children and partners: Hormone transfer can occur through skin contact

Wait before contact: Allow drying time before skin-to-skin contact

Cover application sites: If contact unavoidable, cover with clothing

Wash hands: Always wash hands after application (except sprays)

#### Interactions with Other Products

Sunscreen: Apply sunscreen BEFORE hormones when possible, or wait 1 hour after hormones

Moisturisers: Wait 2+ hours after hormone application before using moisturisers

Other topical medications: Space apart by at least 1 hour

#### When to Contact Your Healthcare Provider

Persistent skin irritation that doesn't improve with site rotation  
Patches not adhering well - may need different brand or switch to gel/spray.

Unusual bleeding or spotting (first 3 months are normal).

Severe side effects such as chest pain, severe headaches, or leg swelling.

Application problems that prevent consistent use.

Absorption concerns - Dr. Newson's research shows some women need higher doses for adequate absorption.

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