

Fingertip Application of Estrogen Cream

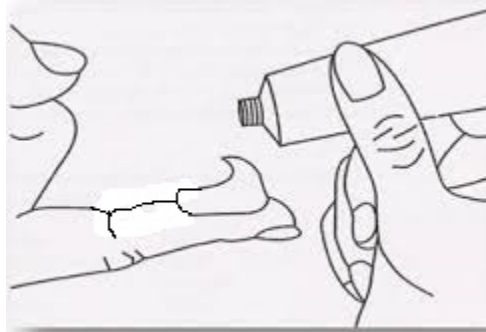
Why?

Vaginal estrogen creams deliver estrogen directly to the vagina with minimal absorption to the rest of the body. This restores thickness to the vaginal skin as well as flexibility. Vaginal estrogen creams can also normalize the vaginal environment decreasing the risk for urinary tract infections.

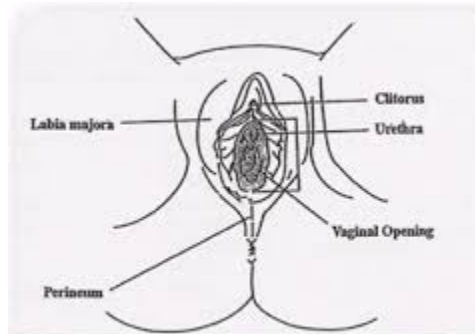
Apply estrogen cream to vaginal opening daily for two weeks then 2-3 times per week.

How?

1. Wash your hands with soap and water and dry thoroughly.
2. Squeeze tube to express ½ gram of cream (enough to cover ½ of your index finger).



3. Locate the vaginal opening. Immediately above the vaginal opening is the urethra (a small opening where urine is eliminated from your body). The urethra may not be as easily identified as the vagina because the opening is much smaller; however, use the diagram to determine its approximate location.



4. Carefully spread the cream into the vaginal/urethral area. As the cream is spread, make sure to cover the opening and just inside of the vagina as this is where the majority of estrogen receptors are located; however, it is not necessary to push the cream high into the vagina.