

# How do I apply my patches

It's a common question and you may not have been given this information during your doctor's appointment, so this guide should help.

There are lots of different types of patches, so sizes and doses vary.

This is just general application information to help you to effectively apply them.

The patch is a gradual release type of HRT so it very cleverly offers you a gradual dose of your prescribed amount over a 24 hr period every day.

## **Where to put it?!**

*Always below your waist*

Bum

Tummy

Lower back

Thigh

Hip

You will need to take it from its packet then, in most cases, remove the first half of the backing to apply it to your skin.

Once that is done you remove the rest of the backing and smooth it onto your skin to remove any air bubbles.

Hold your hand over the patch for a few seconds, to warm it a bit and set it in place.

You will usually change your patch twice a week so every 3rd and 4th day.