



## *Women's Health Specialists*

### Tips for Transdermal Patches

To minimize patches falling off::

- Only apply to clean, dry skin
- Wait to apply to skin a few hours following showering or bathing
- Use of soaps with heavy moisturizers will interfere with proper adhesion
- Wipe area with alcohol and let dry prior to application
- Try to avoid touching patch surface that adheres to skin

To help minimize skin irritation:

- Switch sides of your body for application. "Week to week, cheek to cheek."
- Wipe skin with liquid Benadryl® and let dry prior to application
- Apply liquid Maalox® lightly over area and let dry, then dusted off prior to application
- Apply 1/2% hydrocortisone cream to area 3 times a day after patch removal

To minimize patch ring:

- Use talcum powder over patch following application to adhere any excess glue residue

To help remove any glue remaining on skin after patch removal:

- Use Avon skin so soft®
- Use baby oil

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