

How to Apply Testosterone Gel



Wash your hands, upper arms, and shoulders. Make sure they are dry. Avoid areas with open wounds or tears in the skin.



When using a new bottle, press down on the pump firmly 3 times to “prime” the bottle with gel. If it is already primed, or if you are using packets, squeeze your prescribed amount of gel into the palm of your hand. Or you can apply directly on your upper arms and shoulders.



Rub the gel in. Do not apply to any other parts of the body (stomach, genitals, chest, armpits, knees, etc).



Wash your hands with soap and water right away after applying the gel.



Wait a few minutes for the gel to completely dry then cover with clothing.



Avoid showering, swimming, or bathing for at least 5 hours after applying gel. Do not let others touch gel-treated skin. If this happens, they must wash the area that came into contact with the gel with soap and water.



Store the gel at room temperature, away from moisture, heat, children and pets. Use as prescribed to see the best results. Refill your prescription before you run out so you don't miss any doses.



For any questions or concerns, call the Center for Transyouth Health and Development at (323) 361-2153.