



Topical Premarin Cream Application Instructions

Premarin 0.625 mg/g topical cream has been prescribed by your child's physician for the treatment of her labial adhesion(s). The goal of treatment is to release the labial adhesion(s) and prevent recurrence.

1. Using fingertip or Q-tip and gentle pressure; apply pea size amount of Premarin cream to adhesion twice a day for 4 weeks. After a minute or two, apply Vaseline or Aquaphor on top of Premarin cream. During the treatment period it is important to watch for known side effects (development of pubic hair, breast swelling, general irritation). Once the cream is stopped, the side effects should go away.
2. Apply Aquaphor or Vaseline in between Premarin cream applications with every diaper change or at least 4x/day.
3. Once adhesion(s) are released stop the Premarin cream but continue to apply Aquaphor or Vaseline with diaper changes or at least 4x/day for another 3 months.
4. Continue to apply Aquaphor or Vaseline after bathing for as long as possible or until they are out of diapers.

If you have any questions, please call our office at 612-813-8000, option 6 for the nurses.