

Estriol is the only estrogen that does not cause cancer and it is the best estrogen to relieve vaginal dryness.

For vaginal dryness, an applicator is used with a ¼ tsp of estriol cream. It is used once/day in the AM or the PM. The strength should be 2.5mg / pump.

In about 10-14 days the dryness should be gone. At this point, you can stop the cream and subsequently use it on an as needed basis. The dryness may recur in 2-4 weeks. When it happens, using it for one dose should relieve the dryness.

Another option after the dryness is gone is to use it on the inner arm on a daily basis. This should prevent dryness from recurring. If fluid retention or breast tenderness occurs, the dosage will need to be adjusted downward.