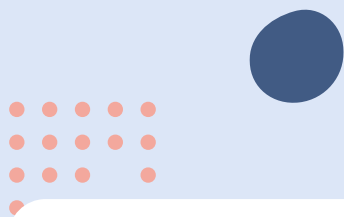


PALOMA RX · PRESCRIPTION INSTRUCTIONS

The guide to your Estriol + Vitamin A Cream

Patient safety information and instructions for use. Read this guide before starting your medication, then keep it in your files for reference.



About your compounded medication. Your cream — estriol with vitamin A palmitate, aloe vera, and sodium hyaluronate in a Biopeptide Biocosmetic base — is prepared for you by Honeybee Health, a licensed compounding pharmacy, according to your Paloma provider's prescription. Your personalized formulation is printed on your label. Compounded medications are not reviewed by the FDA for safety or effectiveness, and estriol for skin appearance is prescribed off-label. Your provider has reviewed your health history and determined this treatment is appropriate for you — the details are covered in the consent you signed during your visit.

Important safety information



Estrogen-class precaution

Estriol is a bioidentical estrogen, and although this cream is applied to the skin for a localized effect, some absorption into the body can occur. Estrogen-containing products as a class carry warnings about increased risk of blood clots, stroke, breast cancer, and endometrial cancer, and should be used at the lowest effective dose for the shortest duration needed. Your provider screened your health history for these risks before prescribing — this information is included so you can use your medication with full awareness.

Pregnancy, breastfeeding, and fertility. Paloma does not prescribe this cream for use during pregnancy, while breastfeeding, or while trying to conceive. If you become pregnant, are planning to, or begin breastfeeding, stop using the cream and message your care team.

● Stop the cream and message your care team if:

You're diagnosed with breast cancer or another estrogen-sensitive cancer, or start tamoxifen or an aromatase inhibitor

You start systemic estrogen or hormone-replacement therapy

You notice breast tenderness, bloating, or spotting between periods

Skin irritation is significant or doesn't settle — redness, rash, swelling, or persistent stinging

You have a facial procedure coming up — microneedling, laser, or a chemical peel

Seek care right away for:

Signs of a blood clot: swelling, warmth, or pain in one leg, chest pain, or sudden shortness of breath — call 911

Signs of a stroke: sudden weakness or numbness, face drooping, trouble speaking, sudden severe headache, or vision changes — call 911

A severe allergic reaction: swelling of the face or throat, or difficulty breathing — call 911

Unusual or heavy vaginal bleeding — contact a clinician promptly

After your medication arrives

Honeybee Health ships your cream directly to the address on file. You'll receive shipping confirmation by email when your order goes out.



Store at room temp

Keep between 68–77°F in a cool, dry place — away from heat, moisture, and direct sunlight.



External use only

For skin only — never on mucous membranes. Wash hands thoroughly after applying.



Avoid the eyes

Keep away from eyes, eyelids, and lips. Never apply directly into the eye.



Check your label

Apply the amount printed on your prescription label — more isn't better.

Nightly application

1

At night, on clean, dry skin

Apply the prescribed amount gently, with clean hands, to the area shown on your label — typically the face and neck. Let it absorb fully before layering any other skincare, and wash your hands afterward so the cream doesn't transfer to other people, children, or pets.

2

Keep your routine steady

Use it consistently as prescribed — don't increase the amount or frequency on your own. This cream already contains a vitamin A ingredient — be careful layering other retinoid products, exfoliating acids, or corticosteroids on the same areas; they can increase irritation. When in doubt, message us.

Missed a night? Apply it when you remember — unless it's close to your next scheduled application. In that case, skip the missed one and continue your regular schedule. Don't apply extra to make up for a missed night.

Sun sensitivity. This cream contains vitamin A palmitate, which can make your skin more sensitive to sunlight. Use sunscreen daily and limit direct sun exposure while using this product.

Other medications & products. Tell your Paloma provider and your pharmacist about everything you use — prescriptions, over-the-counter products, supplements, hormone-containing therapies, and your skincare routine. And if you're planning any dermatologic or cosmetic procedure on your face, let us know — a temporary pause is often recommended around procedures.

What to expect

The first weeks · Settling in

Mild redness, dryness, warmth, or a brief sting at the application site can occur early on and usually settles as your skin adjusts. If irritation is significant or persistent, stop and message your care team.

Over the months · Gradual, and individual

Changes in skin texture, hydration, and the appearance of fine lines tend to develop gradually over weeks to months, and response varies from person to person. A baseline photo in consistent lighting can help you judge your own progress.

Your check-in & renewal schedule

Refills are reviewed by your provider based on short check-ins — they're how we keep your treatment safe without office visits. Please complete them when they arrive.

Each renewal skin-tolerance, hormonal-symptom & new-medication check · **Anytime** new diagnoses, new hormone therapies, and pregnancy planning route to your provider right away

Managing side effects

Common — usually mild

Redness, dryness, peeling, or itching where you apply — typically early and temporary. A lighter amount or a night off can help; message us if it persists.

Warmth or brief stinging on application — usually fades as skin adjusts.

Breast tenderness, bloating, or spotting — possible if estriol is absorbed; stop and message us if these occur.

Good habits on treatment

Wash hands after every application — it protects the people (and pets) around you from unintended exposure.

Daily sunscreen is a must with this cream — vitamin A palmitate can increase sun sensitivity. Limit direct sun exposure.

Introduce new actives one at a time so irritation, if it comes, has a clear cause.

Tell every clinician you use an estrogen-containing cream — including your gynecologist and dermatologist.

Disposal & good housekeeping

Please dispose of unused or expired medication safely. Don't flush the cream or wash it down the sink — use a local medication take-back site if one is available. Otherwise, mix the contents with something unappealing like used coffee grounds or cat litter, seal in a container, and place in household trash.

We're here for you



Your care team

Questions about your treatment, side effects, application, or progress — message us anytime through your **Paloma portal**.



Billing & shipping

For anything non-medical — orders, billing, refills, address changes — email **support@palomahealth.com**.



Pharmacist support

To review your compounded medication with a pharmacist, call Honeybee Health toll-free at **833-466-3979** during regular business hours.



Urgent / after hours

For signs of a blood clot, stroke, severe allergic reaction, or any medical emergency — **call 911 or go to the ER**. Don't wait for a message reply.



Your care doesn't end at the prescription.

Check-ins, photos, and messages are how we fine-tune your treatment over time. We're glad you're here.