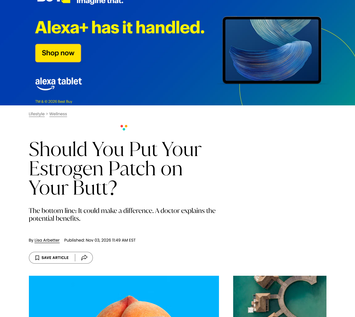
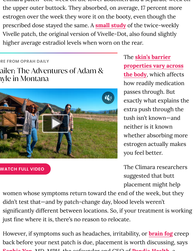


Should You Put Your Estrogen Patch on Your Butt?

The bottom line: It could make a difference. A doctor explains the potential benefits.

By Lisa Arbetter | Published: Nov 03, 2025 11:49 AM EST

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Is the butt the new belly?

If you've been scrolling Reddit or Instagram lately, you've probably come across doctors, influencers, and menopausal women saying that you absorb more estrogen when you wear your patch on your backside. There's research behind the advice, but it's limited to small studies dating back decades.

In a 2000 trial, 38 postmenopausal women each wore a once-weekly Climara patch—one week on the lower abdomen and a separate week on the upper outer buttock. They absorbed, on average, 17 percent more estrogen over the week they wore it on the booty, even though the prescribed dose stayed the same. A small study of the twice-weekly Vivelle patch, the original version of Vivelle-Dot, also found slightly higher average estradiol levels when worn on the rear.

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The skin's barrier properties vary across the body, which affects how readily medication passes through. But exactly what explains the extra push through the tush isn't known—and neither is it known whether absorbing more estrogen actually makes you feel better.

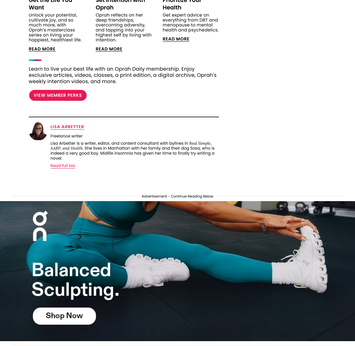
The Climara researchers suggested that butt placement might help women whose symptoms return toward the end of the week, but they didn't test that—and by patch-change day, blood levels weren't significantly different between locations. So, if your treatment is working just fine where it is, there's no reason to relocate.

However, if symptoms such as headaches, irritability, or brain fog creep back before your next patch is due, placement is worth discussing, says Sophia Yen, MD, MPH, the cofounder and CEO of Pandia Health, a telemedicine and pharmacy service focused on menopause and birth control. Talk with your prescriber first, since your dose, patch brand, or a patch that isn't sticking properly could also be contributing.

If you do decide to back it up, check your patch's package insert to see if it allows buttock placement. Dr. Yen says to stick it to the upper outer part of either cheek—not between them, not that you would—where the patch can lie flat against your skin. Avoid your waistband, where fabrics can rub the patch loose, and spots where sitting might dislodge it. Choose a fresh spot with each new patch, and wait at least a week before reusing the same site. Dr. Yen suggests committing to either belly or bum, particularly if you're sensitive to estrogen fluctuations.

As with any placement, good adhesion starts with clean, dry, intact skin without lotion, oil, or powder. Press firmly, including around the edges, for the time specified in your instructions—about 10 seconds for Vivelle-Dot and at least 10 for Climara.

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Once you've made the move, pay attention to how you feel. Let your prescriber know whether symptoms improve or you develop new problems, such as breast tenderness or headaches. Any unexpected vaginal bleeding should be reported to your doctor ASAP.

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Lisa Arbetter is a writer, editor, and content consultant with bylines in Real Simple, Oprah Daily, Health, She lives in Manhattan with her family and their dog Sosa, who is indeed a very good boy. Wildlife insomnia has given her time to finally try writing a novel.

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