



How to: Pump Dispenser

How to Use Your Pump Dispenser

PATIENT GUIDE

This guide covers how to open, dispense, apply, and care for the pump dispenser used with creams and gels.

What Is a Pump Dispenser?

Your cream, gel, or foam is dispensed using a pump-style dispenser: pressing down on the pump releases a small, measured amount with each press. This makes it easier to apply a precise, repeatable dose compared to an open jar or tube.

Here's a [video](#) from a pharmacy partner on how to use a pump dispenser.

Step 1: Remove the Cap

Pull off the protective cap without touching the dispensing opening.



Step 2: Prime the Pump (First Use Only)

Before your first use, press the pump several times until cream/gel/foam appears at the opening.

Note: Priming is only needed the first time you use a new pump. You won't need to repeat this with future doses.



Step 3: Dispense Your Dose

- Press the pump to dispense the amount listed on your prescription label
- Dispense onto a clean fingertip or directly onto the treatment area, as directed on your prescription



Step 4: Apply Your Dose

- Gently spread the cream, gel, or foam over the directed area until fully absorbed
- For application to the face, avoid the eyes and mouth, unless your clinician specifically directs otherwise
- Wash your hands after applying, unless your hands are the treatment area

Step 5: Recap and Store

- Replace the cap securely after each use to protect the remaining medication
- Store the pump as directed on your prescription label

Helpful Reminders

- Always follow the number of pumps specified on your prescription label: never estimate
- Wash your hands before and after each application, unless your hands are specifically the treatment area
- Keep the cap on tightly between uses to protect the medication and prevent contamination

Questions About This Process

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

