

Name: _____

Date of birth: _____

Doctor: _____

Date: _____

Applying corticosteroid ointment for eczema



One finger tip unit (FTU) is the amount of ointment from the first bend in finger to the fingertip.

This will cover an area equal to two adult hands.

Guide to applying corticosteroid ointment in children (3mths-10yrs)

(Babies 0-3 months – as advised by Doctor)

Age	3-6 mths	1-2 yrs	3-5 yrs	6-10 yrs		
Number of FTU's	1	1.5	1.5	2	Face & Neck	
	1	1.5	2	2.5	Arm & Hand	
	1.5	2	3	4.5	Leg & Foot	
	1	2	3	3.5	Trunk (Front)	
	1.5	3	3.5	5	Trunk (Back)	

References:
Long, Mills, Findlay, British J Derm 1998 (Vol 138, 293-296).
Topical Corticosteroid Preparations 2007
www.nhsdirect.nhs.uk

ECZEMA UNDER CONTROL

- Skin is soft and supple (not red or itchy)

ACTION: STEP 1 - MAINTAIN

- Moisturise whole of skin area at least 2 times daily with non-greasy cream
- Remove triggers and do not over heat
- Watch for signs of skin becoming red, frequently itchy and dry
- Moisturiser:
- Non-soap based wash product:

ECZEMA FLARE (MODERATE)

- Skin is itchy, some redness, dryness, flaking

ACTION: STEP 2 - PROTECT & REPAIR

- Apply thick cream to all of skin (contains paraffin or equivalent) during day
- Apply greasy cream at night
- Apply wet wraps at night to protect skin
- Watch for red flares - use prescribed topical corticosteroid ointment on red areas
- May need to use bath oil containing antibacterial preparation
- Watch for signs of infection (weeping, oozing, crusting, pustules, unresponsive eczema, fever or malaise) - may need antibiotic prescribed by doctor
- Moisturiser: day night
- Corticostoid ointment: face body
- Antibiotic:
- Other prescribed medication:
- Bath oil or body wash:

ECZEMA FLARE (MODERATE TO SEVERE)

- When eczema is not responding to above treatments

ACTION: STEP 3 - INTENSIVE TREATMENT

- Apply greasy cream to whole of skin at least 3 times daily
- Use wet wraps, unless eczema is infected
- If infected seek medical advice as soon as possible
- Use corticosteroid ointment prescribed by your doctor
- Moisturiser: day night
- Corticostoid ointment: face body
- Antibiotic:
- Other prescribed medication:
- Bath oil or body wash: