

A practical guide to prescribing topical steroid-based treatments

This file contains 3 printable A4 documents
for use with your eczema patients:

- **The Fingertip Unit Method (FTU)**
- **Body Outline**
- **Examples of total amounts to prescribe
for adults and children**



Provided as a service to medicine by LEO Pharma.

If you require any assistance with printing these files, please contact
your local LEO® representative.

Patient's name:

Appointment date:

Next appointment:

Nurse/doctor contact tel no:

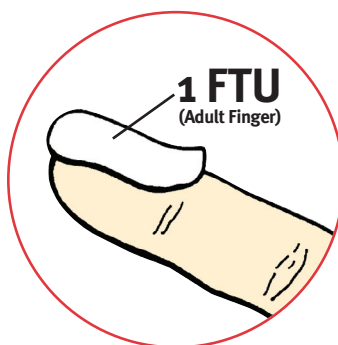
Treatment:





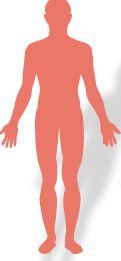
The fingertip unit method

FTU = Fingertip unit (adult)

1 FTU = 1/2 g of cream or ointment.

Measurement based on 5mm nozzle.

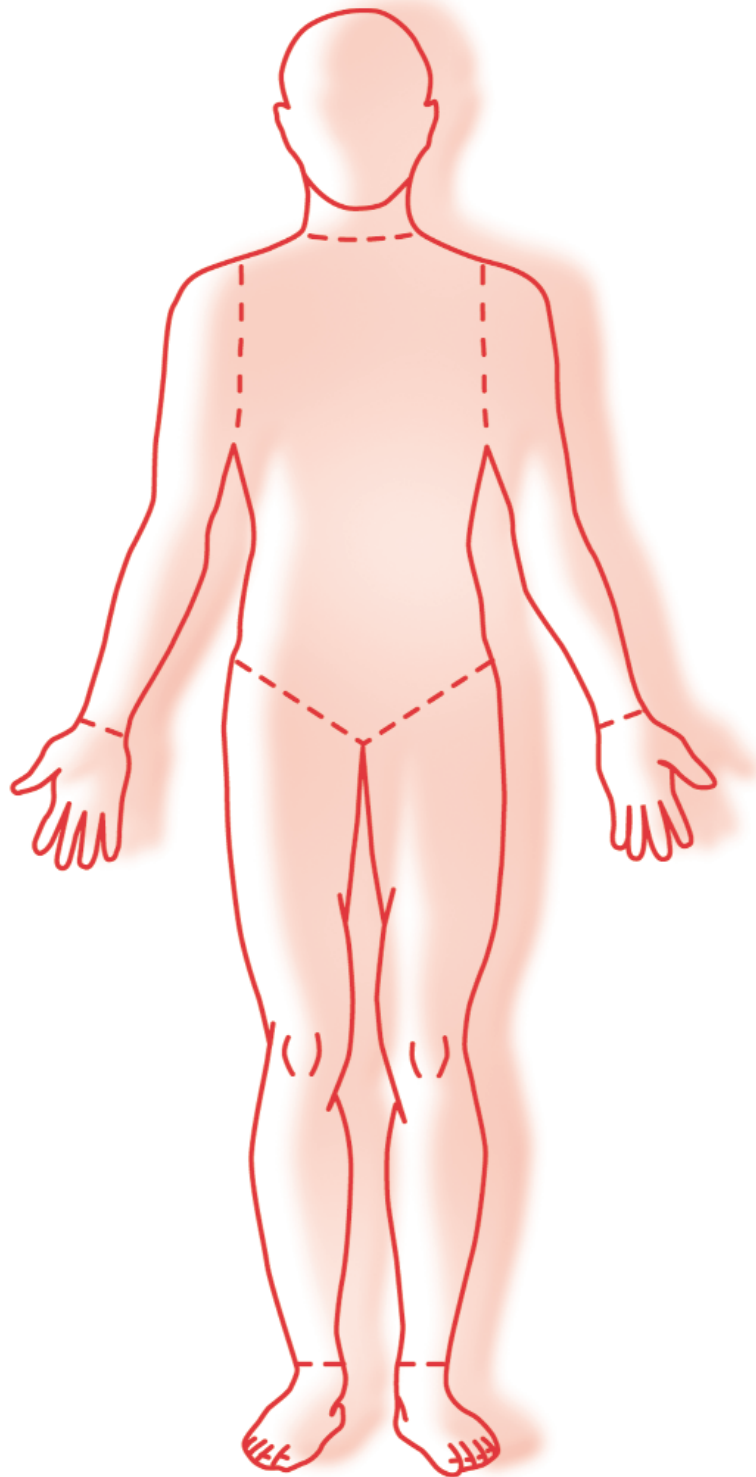


FACE & NECK	ARM & HAND	LEG & FOOT	TRUNK (front)	TRUNK (back inc buttocks)			
1	1	1 1/2	1	1 1/2	3-6 months 		
1 1/2	1 1/2	2	2	3	1-2 years 		
1 1/2	2	3	3	3 1/2	3-5 years 		
2	2 1/2	4 1/2	3 1/2	5	6-10 years 		
FACE & NECK	ONE ARM	ONE HAND	ONE LEG	ONE FOOT	TRUNK (front)	TRUNK (back)	
2 1/2	3	1	6	2	7	7	Adult 



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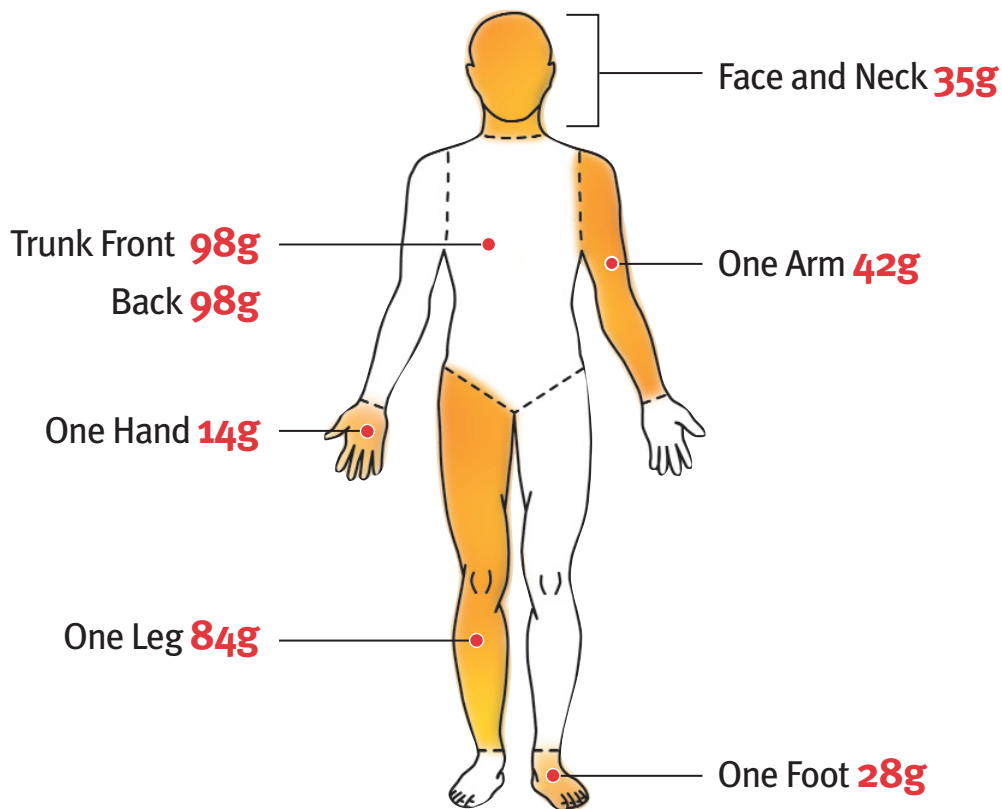
How much cream/ointment should I use?



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The total amount to apply for *two weeks* treatment *twice daily*

Adults



Children

AGE	Number of Grams				
	Face and Neck	Arm and Hand	Leg and Foot	Trunk (front)	Trunk (Back) inc. Buttocks
3-6 months	14	14	21	14	21
1-2 years	21	21	28	28	42
3-5 years	21	28	42	42	49
6-10 years	28	35	63	49	70

