

Give Topical Steroids the Fingertip



Topical steroids are commonly prescribed for eczema. They help ease redness and reduce inflammation so that skin can begin to heal. It is important to use steroids as prescribed to reduce the risk of side effects.

What do I need to know when using a topical steroid?

- Only use the steroid as prescribed by your provider
- Apply the steroid to eczema-affected areas of your skin only
- Do not apply steroids on sensitive areas such as the eyelids or genitals
- Once inflammation is under control, reduce or stop using the steroid as directed by your provider
- Avoid using large quantities of steroids for long periods of time

How much is enough?

One Fingertip Unit (FTU) is amount of ointment or cream squeezed out of a tube, from the tip of an adult index finger to the first crease in the finger.



	Face and Neck	Arm and Hand	Leg and Foot	Chest and Stomach	Back and Bottom
3-12 months	~	~	~ ~	~	~ ~
1 -3 years	~ ~	~ ~	~ ~	~ ~	~ ~ ~
3-6 years	~ ~	~ ~	~ ~ ~	~ ~ ~	~ ~ ~ ~
6-10 years	~ ~	~ ~ ~	~ ~ ~	~ ~ ~ ~	~ ~ ~ ~
10 years through adult	~ ~ ~	~ ~ ~	~ ~ ~ ~	~ ~ ~ ~	~ ~ ~ ~