



# 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
- After you apply the steroid, follow up with a moisturizer on top
- 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 FTU         | 1 FTU        | 2 FTUs       | 1 FTU             | 2 FTUs          |
| 1-3 years              | 2 FTUs        | 2 FTUs       | 3 FTUs       | 2 FTUs            | 3 FTUs          |
| 3-6 years              | 2 FTUs        | 2 FTUs       | 3 FTUs       | 3 FTUs            | 3 FTUs          |
| 6-10 years             | 2 FTUs        | 3 FTUs       | 4 FTUs       | 3 FTUs            | 3 FTUs          |
| 10 years through adult | 3 FTUs        | 3 FTUs       | 4 FTUs       | 4 FTUs            | 4 FTUs          |

## ABOUT THE NATIONAL ECZEMA ASSOCIATION

National Eczema Association (NEA) is the leading advocacy organization serving people with eczema and those who love them. NEA provides information, resources and support to more than 6 million people each year, while funding research leading to better treatments and a cure for the millions of Americans affected by eczema. Go to [nationaleczema.org](http://nationaleczema.org) to find out more.