


Fingertip units

A fingertip unit is the amount of **topical steroid** that is squeezed out from a standard tube along an adult's fingertip.

One fingertip unit is required to treat an area on the child's body that can be covered by two adult hands (palm and fingers). The table below is a rough guide on how many fingertip units might be required to treat your child's eczema, if all of the skin in a particular area is involved. Select your child's clothing size.

	Number of fingertip units needed				
Clothing size	Entire face and neck	Entire 1 arm and hand	Entire 1 leg and foot	Entire front of chest and abdomen	Entire back including buttocks
3-6 months	1	1	1.5	1	1.5
1-2 years	1.5	1.5	2	2	3
3-5 years	1.5	2	3	3	3.5
6-10 years	2	2.5	4.5	3.5	5
Adult	2.5	4	8	7	7



The Dudley Group
NHS Foundation Trust

Dermatology treatment card

Please affix label

Name:

Date of birth:

Hospital number:

This card gives information on your eczema treatment. Please use the leaflet 'Treatments used in eczema' for details on each treatment.

If your condition gets a lot better or worse, your treatment should be reviewed.

You can contact us on: 01384 244799 (9am to 5pm, Monday to Friday (excluding bank holidays))

Please bring this card to all your GP and hospital appointments.

Start date:

Soap substitute:

Avoid soap and shower gel. Use this instead in the shower or bath.

Bath substitute:

Avoid bubble bath and use this instead. Add this to bath water following the instructions on the bottle.

Washing hair:

This replaces your shampoo.

Emollients or moisturisers (usually in a pump or tub):

Use plenty of this frequently all over even if skin is clear (about 250 to 500g a week).

Warning: products containing paraffin are inflammable and can easily catch fire by a naked flame or cigarette. Therefore, please take care.

Topical steroid (usually in a tube):

Only for use in areas with active eczema. Please see the other side of this card for guidance on how much you should use.

Treatment garments:

These should be worn after applying an emollient generously. Do not wear them if the skin is infected.

Other treatments:

Antihistamines (for itching)	
Antibiotics (for infection)	

If you would like this information in an alternative language or format, for example in large print or easy read, please call us on 0800 073 0510 or email PALS@dgh.nhs.uk or write to Patient Advice and Liaison Service.