


How to Apply Topical Ointments and Creams for Eczema Treatment¹

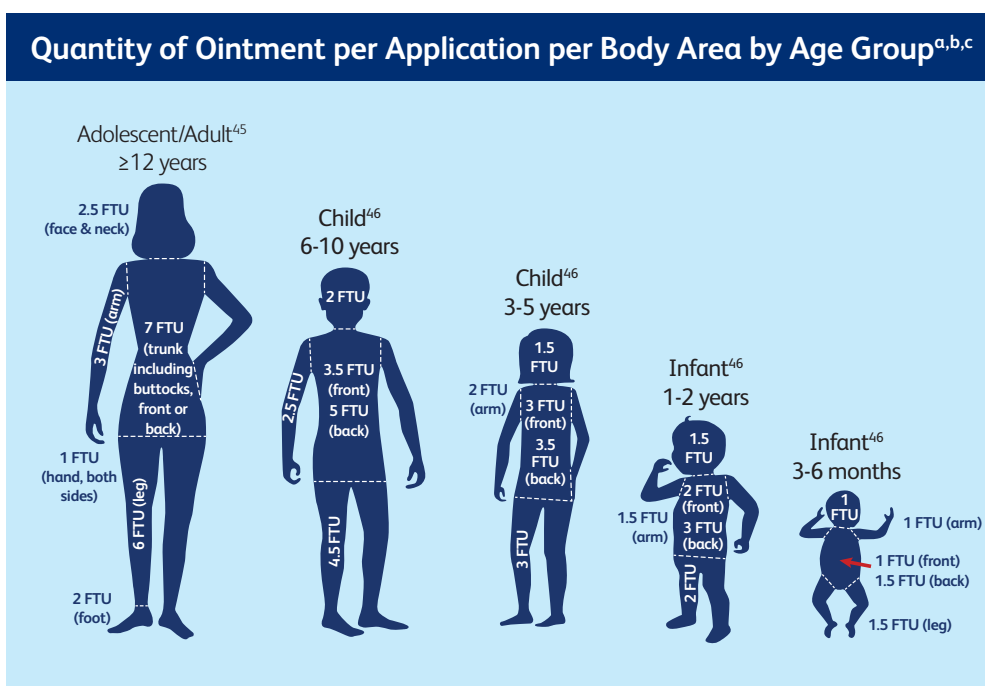
An important part of treatment education for patients involves learning how to apply your prescribed medications (eg, topical ointments or creams).² Your healthcare professional will teach you how and how much medication to apply to the affected areas of the body. The diagrams below illustrate a specific unit of measurement—the FTU (fingertip unit)—that tells you how much of a topical ointment or cream to apply depending on your age and where eczema signs appear on your body.¹

FTUs^{4,5}



FTU = amount of ointment expressed from a tube with a 5-mm diameter nozzle measured from the distal skin crease to the tip of the palmar surface of an adult's index finger^a (~0.5 g)

1 FTU=adequate amount of ointment for "thin and even" application to an area of skin equal to ~2 adult hands^a (fingers together)



Weekly/Monthly Quantities by Age Group (Whole Body Application) ^a				
Moisturizer ^c		Basic Management		
Infant		100 g/week		
Child		150–200 g/week ⁸		
Adolescent/Adult		500 g/week ⁸		
Ointment	Acute Treatment ^{4,5,46} 2-times daily	Maintenance Treatment		
		1-2-times weekly ^d	2-3-times weekly ⁸	1-2-times daily ^d
Infant	60–100 g/week	10 g/month	15 g/month	75 g/month
Child	125–250 g/week	20 g/month	30 g/month	150 g/month
Adolescent/Adult	260–300 g/week	40–60 g/month	60–90 g/month	300–450 g/month
Cream ^b	Acute Treatment 2-times daily	Maintenance Treatment		
		1-2-times weekly	2-3-times weekly	1-2-times daily ^d
Infant	66–110 g/week	15 g/month	20 g/month	100 g/month
Child	140–275 g/week	25 g/month	35 g/month	175 g/month
Adolescent/Adult	290–330 g/week	45–70 g/month	70–100 g/month	300–500 g/month

Topical application amounts. ^aMeasurements/quantities are relative to adult hand/finger sizes, regardless of age group. ^bQuantity for creams should be increased by ~10% over ointment. ³⁰
^cQuantity for moisturizers may exceed the suggested values. ^dEstimated based on monthly amounts for 2 to 3 times weekly application per Ring et al.⁷ FTU, fingertip unit. Reproduced with permission from *Pediatrics*, Vol. 136, Page(s) 554-565. Copyright © 2015 by the AAP.¹

References: 1. Eichenfield LF, Boguniewicz M, Simpson EL, et al. Translating atopic dermatitis management guidelines into practice for primary care providers. *Pediatrics*. 2015;136(3):554-565. 2. Clayman ML. Practice gaps. Engaging patients in eczema care from planning through implementation. *JAMA Dermatol*. 2013;149(4):483-484.

Legend

7=Ring J, Alomar A, Bieber T, et al. Guidelines for treatment of atopic eczema (atopic dermatitis) part I. *J Eur Acad Dermatol Venereol*. 2012;26(8):1045-1060. 8=Ring J, Alomar A, Bieber T, et al. Guidelines for treatment of atopic eczema (atopic dermatitis) part II. *J Eur Acad Dermatol Venereol*. 2012;26(9):1176-1193. 30=Yaghmaie P, Koudelka CW, Simpson EL. Mental health comorbidity in patients with atopic dermatitis. *J Allergy Clin Immunol*. 2013;131(2):428-433. 45=Long CC, Mills CM, Finlay AY. A practical guide to topical therapy in children. *Br J Dermatol*. 1998;138(2):293-296. 46=Luersen K, Davis SA, Kaplan SG, Abel TD, Winchester WW, Feldman SR. Sticker charts: a method for improving adherence to treatment of chronic diseases in children. *Pediatr Dermatol*. 2012;29(4):403-408.

