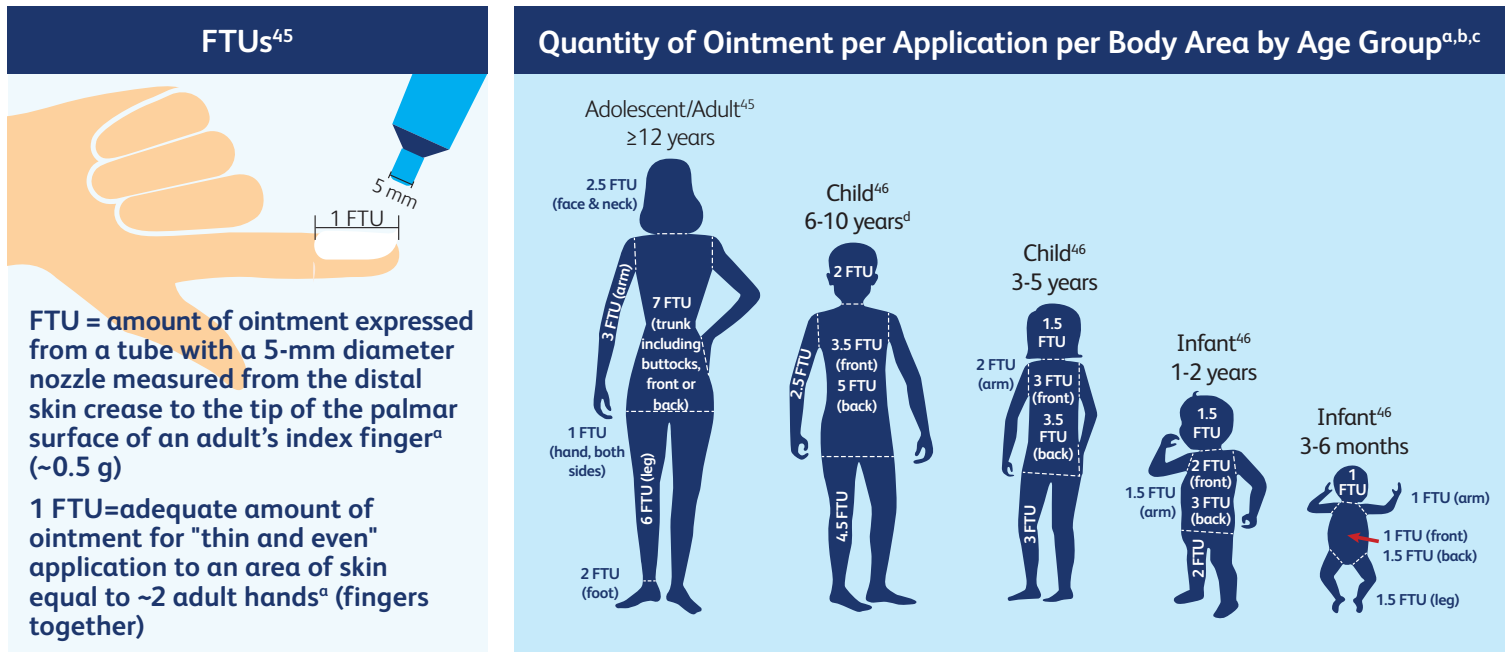


# How to Apply Topical Ointments and Creams for Eczema Treatment<sup>1</sup>

An important part of treatment education for patients involves learning how to apply your prescribed medications (eg, topical ointments or creams).<sup>2</sup> Your healthcare provider (HCP) 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.<sup>1</sup>



## Weekly/Monthly Quantities by Age Group (Whole Body Application)<sup>a</sup>

Moisturizer <sup>c</sup>		Basic Management			
Infant		100 g/week			
Child		150–200 g/week <sup>8</sup>			
Adolescent/Adult		500 g/week <sup>8</sup>			
Ointment	Acute Treatment <sup>45,46</sup> 2-times daily	Maintenance Treatment			
		1-2-times weekly <sup>e</sup>	2-3-times weekly <sup>8</sup>	1-2-times daily <sup>e</sup>	
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 <sup>b</sup>	Acute Treatment 2-times daily	Maintenance Treatment			
		1-2-times weekly	2-3-times weekly	1-2-times daily <sup>e</sup>	
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. <sup>a</sup>Measurements/quantities are relative to adult hand/finger sizes, regardless of age group. <sup>b</sup>Quantity for creams should be increased by ~10% over ointment. <sup>30</sup>  
<sup>c</sup>Quantity for moisturizers may exceed the suggested values. <sup>d</sup>Please discuss the recommended FTUs with your HCP for children age 11 years. <sup>e</sup>Estimated based on monthly amounts for 2 to 3 times weekly application per Ring et al.<sup>7</sup> FTU, fingertip unit. Reproduced with permission from *Pediatrics*, Vol. 136, Page(s) 554-565, Copyright © 2015 by the AAP.<sup>1</sup>

**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**

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