

1. What advice does your hospital's dermatology department issue to patients with eczema regarding the amount of moisturizer that should be applied to patients?

The advice given to patients in regards to the amount of moisturizer that should be applied is dependent on the size of the patient. The standard rule for the average adult is 500 grams every 7-10 days when applied 2-3 times per day. When treating children the same principle applies and should be used over a 10-14 day period

- It is recommended that emollients be applied frequently particularly when the condition is flared. In these situations the following quantities for ADULTS for one week are suggested:

EMOLLIENTS	Creams and Ointments	Lotions
Face	50—100g	250ml
Both hands	100—200g	500ml
Scalp	100—200g	500ml
Both arms or both legs	300—500g	500ml
Trunk	1000g	1000ml
Groin and genitalia	50—100g	250ml

2. What advice does our hospital's dermatology department issue to patients with eczema regarding the amount of steroid cream/ointment that should be applied to patients?

The management of steroid creams follows the fingertip unit process (BAD) One fingertip unit equal to the area of the person's hand who is administering the steroid cream. Ointment/cream should be used generously and as frequently as possible.

The recommended quantities of STEROIDS to be given to ADULTS for twice daily application for one week are:

STEROIDS/TWICE DAILY	Creams and Ointments
Face	15—30g
Both hands	15—30g
Scalp	15 –30g
Both arms	30—60g
Both legs	100g
Trunk	100g
Groin and genitalia	15—30g

Leaflets

[Booklets | Eczema Information | Eczema.org](#)

[British Association of Dermatologists \(bad.org.uk\)](#)

[British Association of Dermatologists \(bad.org.uk\)](#) Fingertip unit

Please provide examples of the advice if the answers are affirmative.

Leaflets: For any leaflets issued please can these be emailed to us if a pdf/word version is available. If it is not, please post them to us.

Website advice: For advice given as website links, please email us the weblink

Our preference is to receive responses by email to the email addresses above.

Yours sincerely,