

Guidance on Prescribing and Application Quantities of Topical Corticosteroids



The 3T's Formulary

NHS Swindon, NHS Wiltshire
Great Western Hospitals NHS Foundation Trust

(In collaboration with Avon and Wiltshire Mental Health Partnership and Oxford Health NHS Foundation Trust)

Quantities of Topical Corticosteroids to be prescribed based on once daily use and two weeks treatment based on area of the body (Taken from BNF 63, March 2012):

Area	Adult
Face and Neck	15 to 30g
Both Hands	15 to 30g
Scalp	15 to 30g
Both Arms	30 to 60g
Both Legs	100g
Trunk	100g
Groins and Genitalia	15 to 30g

Topical Corticosteroids should be applied thinly and dosage can be based on finger tip units (FTU). One FTU is the length of cream or ointment dispensed from the tube equivalent to the distance from the tip of the adult index finger to the first crease.

The table below shows the number of FTU required to treat different areas of the body (Based on NHS Clinical Knowledge Summary):

Area	AGE				
	3 – 6 months	1 – 2 years	3 – 5 years	6 – 10 years	Adult
Scalp					3
Face and Neck	1	1.5	1.5	2	2.5
One Hand (front and back incl. fingers)					1
One Arm (incl. entire hand)	1	1.5	2	2.5	4
Elbows (Large Plaque)					1
Soles of both feet					1.5
One foot (dorsum and sole) incl. toes)					1.5
One leg (incl. entire foot)	1.5	2	3	4.5	8
Buttocks					4
Knees (large plaque)					1
Trunk (front)	1	2	3	3.5	8
Trunk (back)	1.5 (incl. buttocks)	3 (incl. buttocks)	3.5 (incl. buttocks)	5 (incl. buttocks)	8
Genitalia					0.5