

TOPICAL REQUIREMENTS OF OINTMENT/CREAM - GUIDELINES

20 grams will entirely cover an average 1 Adult.

"The FINGERTIP unit"

as a guide, one fingertip unit from a standard nozzle provides 0.5 gms in adult males and 0.4 grams in a female.

*Trunk (front and
back) 8 fingertip units
1 Hand and foot 2
fingertip units*

Steroid requirements for twice daily treatment for two weeks

	Four year old child	70 Kg male
Trunk (front and back)	40g	120g
Both arms and legs	70g	180g
Whole body	120g	340g

Source: Dermatology in practice - July 1994

Further Reading:

http://www.doctorupdate.net/du_reference/du_refarticle.asp?ID=2771#