

Freedom of Information Act 2000 – Request Reference FoI/24/245

Eczema

- 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?**

We advise application of roughly 250 grams of emollient per week for whole body.

- 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?**

We advise using fingertip units as a guide for quantity of topical steroids to be applied. One fingertip unit is enough to cover two hand areas. This information is available on patient information leaflets accompanying topical medication tubes for most steroid preparations.

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

We also signpost patients and parents to the [British Association of Dermatologists](#) and the [National Eczema Society](#) websites for further information on eczema and the use of topical medications.