

PATIENT INFORMATION LEAFLET

HOW TO USE YOUR STEROID CREAMS

for eczema flares (f) and maintenance (m)

WHEN YOU HAVE A FLARE

1. **SPEAK TO YOUR GP** for a **flare (f)** prescription:

They will give you a strong steroid.

Use this:

Twice daily for 7 days

then, **Once daily for 7 days**

then, **Twice a week for 14 days**



2. **SPEAK TO YOUR GP** for a **maintenance (m)** prescription:

They will give you a weak steroid.

Use this:

Twice a week ongoing

EMOLIENTS

Apply emollients after washing, whilst the skin is still damp, and 60 minutes before the steroid

QV cream - morning creams are less effective, but feel lighter on the skin

Dermol 500 - to wash has antimicrobial properties

Diprobase ointment - evening ointments are effective for dry skin but are greasy

EMOLIENTS ARE FLAMMABLE, DO NOT USE NEAR FIRE

Is this eczema?

red
itchy
weepy

relapses and
remits

hayfever/
asthma run in
the family

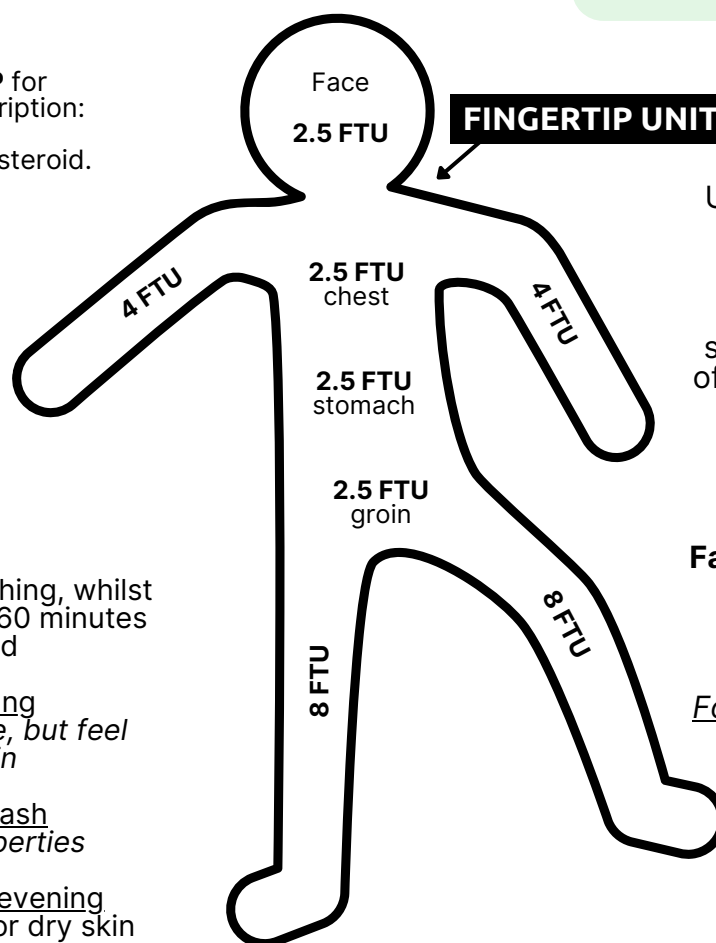
THE FACE

Steroid-free option for treating facial eczema (discuss with your GP)

2.5 Fingertip Units Tacrolimus cream

Use this:

Twice daily for flares (f)
Twice a week for maintenance (m)



Use the Fingertip Unit (FTU) rule

1 FTU = amount of cream/ointment squeezed from the tip of an adult finger to the first crease.

Example doses:

Scalp: 1.5 FTU
Face and neck: 2.5 FTU
One arm: 2.5 FTU
One hand: 1.5 FTU
Leg and foot: 8 FTU

For children, use half of the above

WARNING

Do not suddenly stop using your steroid. Otherwise, you may experience a rebound flare of symptoms.

Long-term steroid use can lead to skin thinning.