



Topical Corticosteroids Fingertip Units Table

patient age	quantity in a fingertip unit (FTU)
adult male	1 FTU = 0.5 g
adult female	1 FTU = 0.4 g
child aged 4 yo	approx 1/3 of adult amount
infant 6 mo – 1 yo	approx 1/4 of adult amount
body part	amount of topical steroid to use
one hand	apply 1 FTU
one foot	apply 2 FTU
one arm	apply 3 FTU
one leg	apply 6 FTU
face & neck	apply 2.5 FTU
trunk, front & back	apply 14 FTU
entire body	apply 40 FTU

Source: <https://www.dermnetnz.org/topics/fingertip-unit/>