

Use of steroid preparations

1. Wash your hands and clean the affected area before application. Apply enough product to cover the affected area, then gently massage into the skin to facilitate absorption. Applying too much or adding occlusive bandage may increase absorption and result in increased side effects.
2. The amount required depends on the area of the body being treated. One fingertip unit, which is the amount of cream or ointment squeezed out from the tip of an adult's index finger to the first crease of the finger, is generally enough to cover an area of skin twice the size of an adult hand. Fingertip units may also be used for children. A fingertip unit is measured on an adult index finger and then applied to the child.
3. Wash your hands after application.
4. Do not share the medication with others.



Storage

Store in a cool dry place, away from light. Refrigeration is not required unless otherwise specified by your doctor or on the drug label.

Keep out of the reach of children.



This guidance is for reference only .

You should always follow your doctor's instructions.
Check with your doctor or pharmacist if you have any questions.

Do not share your medications with other people.

如有任何查詢，歡迎聯絡我們
For enquiry, please feel free to contact us

藥劑部
Pharmacy

地址: 香港銅鑼灣東院道2號 聖保祿醫院

Address: St. Paul's Hospital
No. 2, Eastern Hospital Road, Causeway Bay, Hong Kong

電話 Tel: 2830 3725

網址 Website: www.stpaul.org.hk



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Steroid Preparations for External Use

藥劑部
Pharmacy



Steroid preparations for external use

Topical steroids are used to manage inflammatory skin conditions such as eczema, contact dermatitis, and psoriasis. Steroid preparations are safe and effective when used properly. These products, however, have no effect against skin infections and may worsen them. Steroid preparations can cause side effects when used inappropriately and should only be used as directed by your doctor.



Side effects of steroid preparations

Excessive or long-term use of steroid preparations can result in increased absorption of steroid and cause side effects like:

- Thinning of skin which may be irreversible;
- Stretch marks;
- Appearance of fine blood vessels on skin, flushing, rosacea;
- Acne;
- Skin discoloration.



Classification of steroid preparations

External steroid preparations can be classified according to their potency as mild, moderate, potent and very potent.

Mild	Hydrocortisone 1%
Moderate	Clobetasone butyrate 0.05%
Potent	Betamethasone valerate 0.1% Fluocinolone acetonide 0.025% Fluticasone propionate 0.05% Mometasone furoate 0.1%
Very potent	Clobetasol propionate 0.05%

Common types of preparations:

- Lotion: Higher water content, light on skin, absorbed quickly, ideal for hairy areas, skins that rub together, or weeping surfaces.
- Cream: Higher oil content than lotion, moisturizing for sweating area, moist or dry skin.
- Ointment: Highest oil content, greasy, best moisturizing effect, ideal for dry, scaly skin.