

Advice for patients receiving treatment with steroid ointment



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

You have been given steroid ointment for the treatment of the skin condition on your lower leg.

This needs to be applied every day for the first 2 weeks.

If your leg is in bandages the ointment need only be applied every other day for the first 2 weeks since it has been shown that steroid treatment works better when the leg is bandaged.

When the skin condition improves you can reduce the applications to every other day for a week, then every 3 days for the next week and every forth day for a further week. This is to avoid a flare up which can occur if the treatment is suddenly stopped.

You will need to use one fingertip measure (5mg or 2 cm of the ointment squeezed out in a line) to cover 2 palm sizes of areas of eczema. If your entire lower leg needs the steroid ointment you will need 3 fingertip measures, as shown to you in clinic.

Follow up

When you are receiving steroid treatment, it is important that you receive regular (at least weekly) follow up by your doctor or nurse, while the treatment is ongoing. If you do not already have an appointment for your leg to be seen, please make one now.

Side effects

Side effects of treatment with steroid ointment are rare and only occur with prolonged use. There can be temporary thinning of the skin with short term use, but this is usually reversed within 4 weeks.

Important

It is important that you see your doctor or nurse as soon as possible if your leg becomes red and swollen and if you become feverish. This may indicate an infection in the skin of the leg and needs immediate treatment with antibiotics.