

Topical therapy: Formulation selection for specific body sites

Formulation	Smooth, nonhairy skin; thick, hyperkeratotic lesions	Hairy areas	Palms, soles	Infected areas	Between skin folds; moist, macerated lesions
Ointment	+++		+++		
Cream	++	+	++	+	++
Lotion		++		++	++
Solution		+++		+++	++
Gel		++		+	+
Foam	++	+++	++	++	++

+: infrequently used; ++: acceptable vehicle; +++: preferred vehicle.

Amount of topical medication for adult use

	Twice daily/One week	Twice daily/Two weeks	Twice daily/Four weeks
Face and neck	15 g	30 g	60 g
Trunk	60 g	120 g	240 g
One arm	15 g	30 g	60 g
One leg	30 g	60 g	120 g
Hands and feet	15 g	30 g	60 g
Body	180 g	360 g	720 g

For children use one-third to one-half these amounts.

Adapted from: Goldstein BG, Goldstein AO, Practical Dermatology, 2nd ed, Mosby-Year Book, Inc, St. Louis 1997.

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