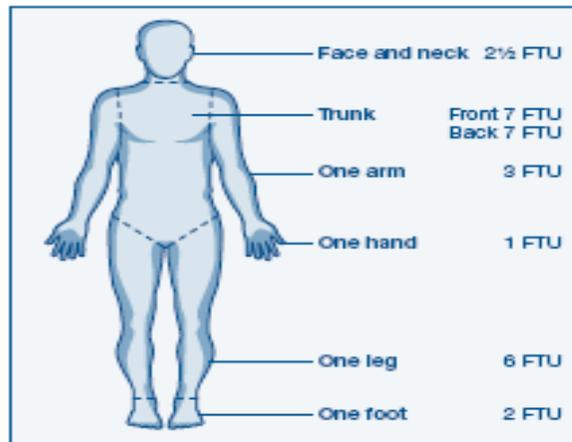
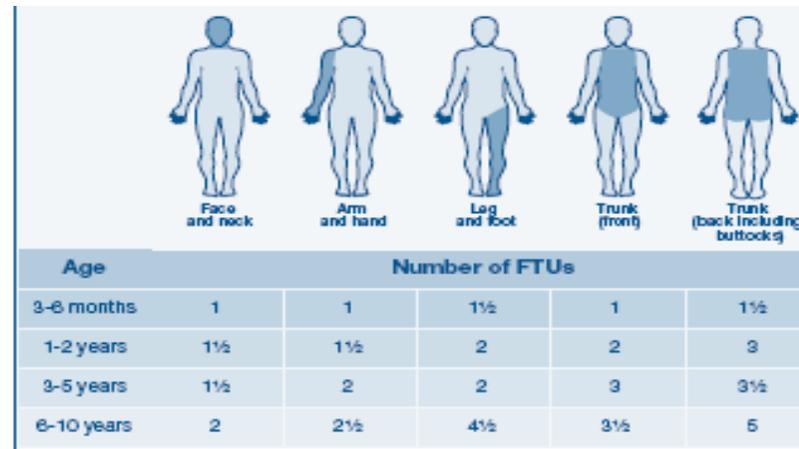


FINGERTIP UNIT GUIDE

ADULT



CHILD



How much cream should I use?

If the doctor has given you specific instructions about the amount to use, then keep to this advice. If not, the following guide will help you to use the correct amount.

Use your index finger (first finger) as a measure. Squeeze the cream from the tube along your index finger from the tip to the first joint as shown in the photograph. This amount of cream is one fingertip unit. One fingertip unit is the amount of cream squeezed along your index finger to the first joint.