

## Actinic Keratosis/Sun-Damaged Skin Treatment Guide



Actinic keratoses are pre-cancerous growths. These areas of sun damage have the potential to develop into squamous cell carcinoma, a common type of skin cancer. This damage is the result of sun exposure. In addition to treating these areas with liquid nitrogen spray or photodynamic therapy (Blue Light) in the office there are several topical medications that can help treat this damage and lower your risk of developing a skin cancer.

Your physician has prescribed:

### **Efudex (5-Fluorouracil 5% Cream) / Carac (5-Fluorouracil 0.5% Cream)**

- Apply product once/twice daily to:
  - Scalp/Face/Arms/Hands/Other: \_\_\_\_\_
  - Apply the product for \_\_\_\_\_ weeks

### **Zyclara (Imiquimod 2.5% / 3.75% / 5% cream)**

- Apply the product nightly and wash off in the morning to:
  - Scalp/Face/Arms/Hands/Other: \_\_\_\_\_
  - Apply the product \_\_\_\_\_ nights per week for \_\_\_\_\_ weeks
  - If the product is dispensed in small packets use a pin to poke a small hole in the packet and dispense the amount of product necessary to cover the treatment area then save the packet for another application

### **Picato (Ingenol Mebutate 0.015% / 0.05% Gel)**

- Apply daily for 3 days to face/scalp
- Apply daily for 2 days to chest/arms/legs

### **What Else You Need to Know:**

- Irritation such as redness and scabbing of the skin is an expected side effect of the medication and means that it is working
- If severe irritation from the product develops (bleeding, discharge of pus, yellow crusting of the skin) discontinue the treatment and call your physician
- Once you have completed your prescribed treatment course with the above medication you should apply **Hydrocortisone 2.5% ointment** or other bland emollient such as Vaseline or Aquaphor twice daily to the treatment area(s) if you are experiencing any skin irritation.
- If you experience any bleeding, discharge of pus or yellow crusting of your skin please call your physician.