



## Zyclara (3.75% imiquimod) Cream Information Sheet

*Zyclara (3.75% imiquimod) works by stimulating the immune system. It may rarely cause *flu-like symptoms, fatigue, and swollen lymph nodes*. In addition, *other non treated areas of the body may occasionally appear red and irritated*, indicating the medication is working. Keep in mind that you are not sick, you are not going to get sick, and you are not contagious because of this medication.*

**Instructions for use:** Apply a **small** amount of Zyclara to the clean dry affected area at night for 2 weeks (one packet will cover a face or balding scalp). Wash hands after application and wash off medication in the morning. After healing for 2 weeks restart for 2 more weeks (or as prescribed by your provider). This medication is for external use only, *avoid eyes and corners of nose and mouth*.

The most common *side effects* to this medication include redness, dryness, crusting, sores, weeping, swelling, and blisters. Side effects will depend on the degree of sun damage that you have and will vary from individual to individual.

### Appearance of skin before, during, and after treatment:

1. Before treatment pre-cancers (Actinic Keratosis) are seen as pink and scaly patches.
2. During treatment pre-cancers become red, scaly, and irritated depending on the degree of sun damage. Keep in mind there may be areas of the body with sun damage that are not yet revealed that may light up (become red) during treatment.
3. After treatment the face should feel smoother. After area is healed a follow up appointment is highly recommended to determine if further treatment is needed.

### Helpful tips during treatment

Aquaphor healing ointment (an over the counter product) or moisturizers will help soothe the skin. Either may be applied throughout the day. If refrigerated, the product will offer a cooling effect when applied. Your provider may write a prescription to help with discomfort on the day that this medication is given – use as directed. Please avoid topical cortisones during treatment since this may interfere with the effectiveness of the medication. Tylenol or Motrin may be taken for pain relief if okay with your primary care provider. If these products are not sufficient in helping relieve discomfort please call the office for further evaluation.

**\*Please avoid sun exposure during treatment.**

**\*These medications are not approved for use during pregnancy or while nursing.**

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