SAYBROOK DERMATOLOGY, LLC

Treatment of Actinic Keratoses
with Fluorouracil Cream (i.e. Carac, Efudex, Tolak)

Fluoruracil should be applied only according to your provider's instructions.

A follow up appointment 1-2 weeks after beginning treatment is important so it is recommended that you have your follow up appointment **already made before you start applying the Fluorouracil Cream.** Call 860-388-9799 if you have not already made an appointment.

Apply:	Carac/Tolak one time per day	- or -	Efudex/Fluorouracil two times per day

Where to apply: _____

Wash hands after use.

Follow up in: one week two weeks

Those with a history of cold sores may have one activated by the treatment, so oral antiviral treatment is recommended.

Be careful to avoid contact with eyes, nostrils, and lips. Use very sparingly in the creases of nose between the nose and cheeks.

Areas where there are precancerous cells will begin to turn red typically around 4-5 days, but this may vary. Nothing happens on normal skin. The areas will continue to become inflamed and crusted. This is a sign that the treatment is working. If the areas are painful, blistered, bleeding, oozing or very uncomfortable please call the office to speak to a medical assistant.

Once treatment is stopped, the areas will begin to heal and resolve. Your provider will give cool down instructions to aid healing. Most people will heal within one week by following the cool down instructions. Skin may be pink for 1-10 weeks. This may be covered with make-up provided the make-up is clean, powder based and there are no open sores. However if you become concerned, please call the office.

Avoid excessive sunlight. Sunscreen may be applied daily.

The areas may get wet in the shower. Do not apply immediately before showering.
Do not use if pregnant, considering becoming pregnant, or nursing.

Rarely people develop flu-like symptoms such has headache, muscle aches, stomach or bowel problems or fatigue. Call the office if flu-like symptoms occur. Call if mouth sores or eye irritation occur.

½ hour after applying the Fluorouracil Cream, plain Vaseline may be applied for comfort if the areas are dry or itchy. Cool water compresses for 2-3 minutes before applying Vaseline is more soothing and hydrating than Vaseline alone.