

## **Topical treatments for actinic keratoses**

### **General instructions for ALL the treatments**

- Apply a thin layer of the cream on the affected areas (not only on the lesions): it is a “field” treatment. Avoid the eyes and the lips.
- Avoid sun exposure (Avoiding midday, hat and clothing are the best protection. Better cover up, if not possible then sunscreen may be applied). Topical treatments for actinic keratosis often increase sun sensitivity and risk for sunburn. It is important to avoid the sun during the treatment as well as for several weeks afterwards.
- Avoid using make up if possible, especially when there is an intense inflammatory reaction.
- Minimize/avoid swimming when the skin is very inflamed. It is ok to swim if the reaction is not intense.
- Some patients may experience redness, swelling, blistering, pain, or scab formation at treated areas that may last for 3 weeks after treatment.
- Some patients may have persistent redness (faint pink) and slight tenderness for 3 to 6 months following the treatment. Please moisturize and protect on a daily basis to help your skin recover.
- To improve the discomfort during and/or after the treatment, you may apply a non medicated scar healing cream such as Cicalfate<sup>®</sup> or Cicabio<sup>®</sup>. If the skin feels tight or there are thick crusts, Vaseline can be applied.
- DO NOT HESITATE to contact us if your experience is problematic. The vast majority of patients are happy with the results but there can be some challenges!

### **Efudix<sup>®</sup> instructions**

- Twice a day for 3 weeks / Only once a day (evening) for 3 weeks on areas discussed.
- Normal reaction: redness, discomfort, slight swelling or tightness of the skin, superficial crusts. After the inflammatory reaction, the skin can peel off.
- Decrease the number of applications if you feel the reaction is too intense and definitely STOP the treatment if you experience: pain, ulceration, bleeding, intense redness or thick crusts.

### **Aldara<sup>®</sup> instructions**

- 3 times a week for 4 weeks (evening) on areas discussed.
- Normal reaction: redness, discomfort, slight swelling or tightness of the skin, superficial crusts. After the inflammatory reaction, the skin can peel off.
- Decrease the number of applications if the reaction is too intense and definitely STOP the treatment if you experience: pain, ulceration, bleeding, intense redness or thick crusts. You can attempt to resume the treatment at a lesser dose after the inflammation has settled down.
- Some patients may present with persistent pink or light pigmented areas on the treated areas after the treatment.

### **Picato<sup>®</sup> instructions**

- 3 consecutive days
- Normal reaction: redness, discomfort, slight swelling or tightness of the skin, vesicles or pustules (white content inside the vesicles doesn't mean that the area is infected, please consult with your doctor if there are any doubts regarding possible infection), superficial crusts. When used on the forehead, puffiness (oedema) of the eyelids may appear. After the inflammatory reaction the skin can peel off.