

ACTINIC KERATOSES:

TREATMENT DIRECTIONS for Efudex, Aldara, Zyclara, Picato

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You have been prescribed one of the 3 available types of field treatment for your Actinic Keratoses (AK) with either Efudex, Imiquimod (Aldara, Zyclara)or Picato. For more information on AKs, please refer to the patient information sheet in the dermatology dropdown. Please follow the directions given by your doctor & pharmacist. This summary has been prepared to compliment **NOT** replace their advice. Please contact your doctor if in doubt on use of these medications or for severe side effects.

EFUDEX:

This cream is supplied in a 40 gm tube. Apply to affected area nightly for 2-4 weeks with a gloved finger or nonmetal applicator.



IMIQUIMOD: (Zyclara 3.75%, Aldara 5%)

Zyclara is supplied either in small packets (28/box) or in a metered dose pump. You will be directed to apply 1-2 packs/pumps. Apply to the affected area at night before bed & wash off in morning. The schedule for Zyclara is once nightly for 2 weeks followed by a 2 week break & then another 2 week nightly application.

Aldara is supplied in small packets & is applied to affected area nightly 3x/week.



PICATO (0.015%, 0.05%)

Picato is used for 3 consecutive nights for the face/scalp & 2 for the extremities. It is supplied in individual tubes for single use application. Apply to affected area not less than 2 hrs before bed & leave on at least 6 hours. Wash off in the morning. Store in the refrigerator.



TIPS:

- Apply prescribed cream to washed, dry affected area.
- Wash hands thoroughly after cream application.
- Use caution in cream application in areas close to the eyes & mouth.
- Wash cream off in the morning.
- It is **normal** to experience redness, swelling, blistering, crusting (as shown below) & burning of treated areas &/or flu like symptoms. Use cold compresses or gentle moisturizers for soothing. See your doctor if you suspect infection (spreading redness,

