



Efudex (Fluorouracil) / Zyclara/ Carac

1. You have been prescribed a topical medication for the treatment of pre-cancerous and early cancerous lesions. It should be used as directed for the complete duration of time recommended. This is very important to maximize the effectiveness of the treatment.
2. Prior to applying the topical medication, wash your face with a mild cleanser (eg. Dove/Cetaphil) and pat it dry. There is no need to scrub the area vigorously, as this will only irritate the skin.
3. Allow the skin to dry. Applying the medication to wet skin will increase irritation.
4. Apply a thin layer of the medication and lightly rub it in.
5. If you use moisturizer/sunscreen, apply it 30 minutes after the medication has been applied. Generally, sun exposure will make you more uncomfortable.
6. Repeat this application process as often as is recommended.
7. It is normal that most people using these medications will experience redness and irritation of the skin in the areas treated (may look like poison ivy). This is an indication that the medication is effective. In general, the worse the irritation - the better the results. For some people the redness, scale, itch and irritation begins after only 2-3 days, and for other people it may take 2 weeks or longer. Please **DO NOT STOP** your medication thinking that it is not working for you!
8. We recommend applying a light face moisturizer (Cetaphil / Oil of Olay ect.) as often as needed to keep the skin and/or scale soft. If the skin is allowed to crust or scab, it may crack and bleed and become painful.
9. If any areas become open or weepy, we encourage you to apply Bacitracin antibiotic ointment at least twice a day to help prevent infection.
10. If your skin becomes itchy, you may apply over-the-counter Hydrocortisone 1% ointment/cream twice a day until the itch sensation stops.
11. If you have further questions or concerns please call our office rather than stopping the medication without contacting us.

Use medication for _____ weeks/month then STOP.