



# FOUR SEASONS DERMATOLOGY

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## Carac™ / Efudex™

### Directions for Using Topical Fluorouracil For Skin Cancers & Pre-Cancers

- Apply medication once at bedtime, or twice daily as directed by your provider

# days/applications: \_\_\_\_\_ Site(s): \_\_\_\_\_

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- In morning generously apply petroleum jelly (Vaseline™) to treated areas (repeat frequently if desired)
- Follow up in \_\_\_\_\_ weeks/months/year (if you've been asked to schedule a 2 week follow-up be sure to schedule before starting medication)
1. Apply the cream as you would a moisturizer – i.e. **rub it in**. If you can see it on your skin you have put on too much
  2. Wash your hands after applying.
  3. Apply the cream to the general areas affected (i.e. the whole forehead or cheeks) **not** just to specific spots. Additional spots often "light up" during treatment – this is expected and just means the medicine "found" some abnormal cells.  
3a. **UNLESS** - you have been instructed otherwise; these creams May be used to spot treat. Always follow the verbal instructions given to you by your provider; always call with any questions or concerns.
  4. Avoid putting the medicine on your chin or in facial folds, the side of the nose or around the mouth. It can be irritating and cause a red rash in those areas.
  5. Usually after a few days of using the cream your keratosis will start turning red. Later the spots will become crusty and may even ooze a little. Sometimes people may react quicker and more severely – if this is the case you may need to use the medication less frequently. Some people react very slowly and may need to use the medication longer. This can be decided by checking with your provider – by phone or in clinic
  6. During treatment your skin might feel somewhat uncomfortable, but it should **not** be painful. If you are experiencing pain stop the medication and call your provider
  7. For irritation or discomfort, the skin can be treated with a wet compress for 10 minutes followed by a liberal application of petroleum jelly or Aquaphor. This can be repeated several times a day. Hydrocortisone 1% cream (available without a prescription) can also be used once or twice a day to reduce redness and inflammation
  8. Sunlight will make the treated spots redder and more inflamed so try to minimize sun exposure while using this medication.
  9. Please feel free to call your dermatology provider if you are unsure about how to use the medication or about the reactions you are experiencing (802) 864-0192 or 1-800-564-3237
  10. After you stop the medicine, the treated spots gradually fade from red to pink and finally back to normal skin color. Often this takes a few months. You can conceal the redness with makeup. Very rarely, redness or pigmentation may last longer

**\*\*Skin cancers & pre-cancers are the result of sun damage. Carac & Efudex (fluorouracil) are chemotherapy which kill the abnormal (cancerous/pre-cancerous) cells, but do not hurt normal skin. The abnormal cells take up the medicine while normal skin cells are not affected. The medication is generally quite safe as only a very small amount is absorbed by the body, however it should not be used if you are (or are trying to be) pregnant or nursing. You can find additional information in the package insert with your prescription.\*\***