



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR EFUDEX - 5% Fluorouracil / 5FU

[For the Treatment of Precancerous Lesions]

WHAT IS EFUDEX?

Efudex is a topical prescription medicine used to treat precancerous lesions including Actinic (Solar) Keratoses and Superficial Basal Cell Carcinoma. Efudex is designed to generate a fairly intense reaction and a certain amount of irritation is necessary to achieve a cure. Those who have a stronger reaction will often have the best result and fewer recurrences in the future. After Efudex treatment has concluded and redness subsided (typically 2 weeks), skin will begin to appear smoother and free of rough keratoses.

HOW TO PREPARE

- **PLEASE LET YOUR PROVIDER KNOW:**
 - If you have a history of cold sores or herpes simplex as treatment may provoke an outbreak and we can pretreat with an oral Rx.
- If your provider has recommended treating your **FULL** face with Efudex:
 - Avoid medicated and or active products for 3-5 days before treatment. These include retinoids, tretinoins, glycolics, salicylic acids, lactic acids, hydroquinone products (the active ingredient in many of the Obagi and BACD brightening products), dapsone, acne products.
- If you are **SPOT** treating with Efudex you may continue using all products as normal before treatment.

HOW TO USE EFUDEX

- Apply Aquaphor Ointment around eyes, to sides of nose and corners of mouth to protect from medication.
- Apply Efudex twice per day for 7-14 days to affected areas.
- Wash hands after each application so Efudex is not applied to unintended areas.
- If areas start to react where you are not applying Efudex, contact your provider for further instructions.

Immediately stop using Efudex and contact your provider if you feel flu-like symptoms, see pus, have a fever, notice any other signs of infection, or if you are in pain (not just discomfort).

WHAT TO EXPECT

- You can expect treated skin to become red in a few days, usually within 3 to 7 days. Redness gradually increases until tenderness, and scaling can occur.
- Once treated area starts to become painful or look like a light burn you would get from a hot baking sheet (usually around the 7-10th day):
 - 1) Stop using Efudex.
 - 2) Send a photo of your skin to your provider through our [patient portal](#).
 - 3) Your provider will review the photo and determine if you should continue or stop Efudex application.
- If you are experiencing cracking and/or irritation, your provider may suggest an over-the-counter cortisone.
- Residual redness from treatment can take time to fully resolve. V-Beam laser treatments can help speed up the process. Ask your provider if you are a candidate.

CONTINUED ON NEXT PAGE



HOW TO CARE FOR YOUR SKIN DURING EFUDEX TREATMENT

- While you are actively applying Efudex and until you are fully healed, your product regimen should be pared back to cleanser, gentle moisturizer (use as needed) and SPF.
- The skin will more easily sunburn than before treatment, so be sure to protect your skin with SPF 30+ everyday.

RECOMMENDED PRODUCTS

- **Cleanser:** [Obagi Gentle Cleanser](#), [Neocutis Gentle Cleanser](#)
- **Moisturizer:** [Neocutis Biocream Firm](#), [BACD Ultralite](#) or [Fortified Cream](#), [Obagi Hydrate](#), or [Restorsea Restoring Night Cream](#)
- **SPF:** Our recommendation is [Isdin](#) which not only provides sun protection but also actively prevents future Keratoses.

FOLLOW UP

Please schedule a follow up appointment 6-8 weeks post Efudex treatment. Please note an office visit charge will apply for follow up visits.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.