

NorthWest Diagnostic Clinic PA: Mohs & Dermatology Associates

Dermatology (Adult & Pediatric), Mohs & Dermatologic Surgery, Phlebology
Tri H Nguyen MD (281-465-1775), Neil Farnsworth MD (281-943-6636)

Actinic keratoses (AK) are precancerous lesions from sun damage. Untreated, there is a small risk of these lesions becoming squamous cell cancers (SCC). The risk of any one AK becoming an SCC varies from 1/1000 (0.1%) to 1/5 (20%). You have been prescribed a cream treatment for your precancers. Cream treatment allows you to cover wider areas and treats both visible and more subtle lesions. Treatment also rejuvenates your skin and lessens the sun damage. A little cream goes a long way (more medication is not better). Regardless of which cream is used, it is important to never let the treated areas form scabs or become dry. Always keep the treated areas moist with a thin layer of Aquaphor ointment (or Vaseline) during the day.

Zyclara <ul style="list-style-type: none"><input type="checkbox"/> 2 wks on, 2 wks off, 2 wks on- For 2 weeks: apply to affected areas 2 hrs before bedtime-Rest for 2 wks (no application of medication but keep area moist with Aquaphor ointment (see below))-Reapply for 2 wks as above	Aldara <ul style="list-style-type: none"><input type="checkbox"/> Apply to skin 2 hours before bedtime twice a week (e.g. Monday, Friday night) x16 weeks<input type="checkbox"/> Apply to skin 2 hours before bedtime 3 times a week (e.g. Monday, Wednesday, Friday night) x _____ weeks<input type="checkbox"/> Apply to skin lesion plus half inch margin, 2 hours before bedtime Monday through Friday x 6 wks
Efudex <ul style="list-style-type: none"><input type="checkbox"/> Apply to affected areas twice daily x4 weeks (no application of medication but keep area moist with Aquaphor ointment)	Carac <ul style="list-style-type: none"><input type="checkbox"/> Apply to affected area 2 hours before bedtime every day x4 weeks



Inflammation of precancers during treatment. Note sparing of normal skin.

Redness fades gradually after treatment.

During treatment, **inflammation, redness, and mild swelling** can be seen. Do not be surprised if many lesions "light up". The cream is very selective and **only precancerous lesions will respond**. To avoid excessive irritation and discomfort;

- Wash your face in the morning and generously apply Aquaphor ointment to the treated areas. Use a clean applicator each time to avoid contaminating the jar.
- Re-apply Aquaphor ointment several times daily (3-6x daily) to keep your skin moist and slightly greasy. The more moist your skin, the better it will feel.
- Do not allow crusting and scabbing to occur. If you develop crusting, use vinegar soaks (1 teaspoon white vinegar +1 cup clean water) to gently remove the crusts or place a gauze over the crusting and allow warm shower water to gently remove.
- If you have pus discharge, pain, or fever (>101° F), please call our office as there may be an infection.
- When using Zyclara or Aldara cream, you may have flu-like symptoms (low-grade fever < 101° F, chills, body aches) if the reaction is significant. Over-the-counter ibuprofen or Tylenol will help. Do not exceed daily dosage recommendations for these medications.

Appointments & Referrals: 281-943-6640

Cypress Station Office: 1140A Cypress Station Dr., Suite 300. Houston, TX 77090

Woodlands Office: 9100 Forest Crossing Dr., Suite A. Spring, TX 77381