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## **EFUDIX/TOLAK & ALDARA**

### **ADVICE & AFTERCARE INSTRUCTIONS**

#### Information on these topical treatments

- Self-application of treatment at home
- Typically, we choose these treatments as a 'risk reduction' approach if you have solar/actinic keratosis
- Treatment can be use on most parts of the body either as a block or spot treatment, your doctor will advise on this
- Generally very safe and more cost effective than Photodynamic therapy (PDT) – the alternative to these treatments

#### Frequency, duration & what to expect of treatment:

- Frequency and duration treatment will be advised by your doctor, typically ranges from 2 – 6 weeks, once or twice daily applications
- Day 1-3 mild redness, Day 4-7 beginnings of mild scabs forming, Day 8 – 14 development of more noticeable scabs, flaking, redness and some discomfort (the healing process occurs over similar period)
- Majority of people return to mostly normal skin appearance with 4 weeks of stopping but occasionally pink uneven skin tone can last longer and very occasionally permanently.

#### **Aftercare:**

- You can shower as normal after the cream has been on the skin for at least 12 hours (ideally leave it on between showers)
- Your skin will be extremely sensitive to light during & after treatment, SPF 50 and general sun smart care if strongly advice but you do not need to remain indoors fully.
- Expect redness, peeling and crusting. Bleeding and pus are reasons to contact the practice.



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- Bland, soap-free cleansers and moisturisers are recommended from start to finish of treatment
- Pain and swelling can be treated with standard pain relief
- Avoid applying ice or cool packs but a damp cloth may be applied if there is a little swelling.
- Please contact the practice if you have any concerns.

**Please book a follow up appointment 8 weeks after treatment**