



**Rancho Cordova, Roseville and Sacramento Dermatology**

## **Suggestions for using Efudex or Fluoroplex (5% or 1%)**

Use the medication as directed by your physician. Use this medication **ONLY** on the areas that your doctor directed you to apply to your skin.

Avoid exposure to the sun during the treatment time as the medication is a sun sensitizer and can increase the risk of sunburn. Even if you are just driving in your car or sitting by a window, please be aware of the fact that the sun's ultraviolet rays go through the clouds, and can also go through glass damaging your skin.

Wash your hands and the area to be treated well with Dove soap prior to applying the medication. If you are treating the face area, you need to first apply Vaseline on the creases of the nose and under the eye lids down approximately 1 inch to provide a band of protection. Be sure to avoid applying it to the lip area(unless instructed), the creases of the nose, and near the eyes.

Apply a **VERY THIN** layer of the medication to the affected area.

When the medication is applied in the evenings, apply it at least 2 hours before you go to bed. This gives time for the medication to absorb in the skin.

When crusting starts to appear on the affected areas, usually in the first few weeks, it can be slightly uncomfortable. You can have a significant amount of redness and crusting, and discomfort with the use of the medication. You may expect minor bleeding when washing your face. Continue medicine as directed if it can be tolerated. The amount of redness, crusting and discomfort is related to how much sun damage is present in the skin.

Call the clinic if the reaction is painful, swollen, bleeding, or looking infected.

**DO NOT** cover the treated areas with anything e.g. Band-Aids.

You may be directed to see the RN for a 2 week checkup after you start the treatment.

The day after your last Efudex application, begin moisturizing all treated areas with either Vaseline or Aquaphor Healing Ointment (over the counter). Apply frequently every day to keep skin soft.

The treated area can be pink for several months and is more susceptible to getting sun burned.

After the area/s is healed from treatment, it is very important to use a sunscreen **DAILY** to all areas of exposed skin.

A good guideline is: "The only time you **DO NOT** need a sunscreen is when you need a flashlight."

Please call the clinic if you have any problems at 916-631-3010.