

ACTINIC KERATOSES

FIELD TREATMENTS

Actinic Keratoses are dry, rough scaly patches that are caused by years of ultraviolet exposures from the sun or indoor tanning beds. Actinic keratoses are considered precancerous. That means that left untreated, a subset of them may turn into skin cancers.

There are many ways to treat these Actinic Keratoses. Your dermatologist has chosen this treatment option after considering the location, the amount of sun damage, your lifestyle and even the cost of these medications. The efficacy of each of these creams is very similar.

5- FLUOROURACIL 0.5%, 2%, 4%, 5%. Brand names: Efudex®, Carac®, Fluoroplex®, Tolak®

- Apply to entire area once a day for 4 weeks

Or

- Apply to entire area twice a day for 4 weeks

Use until the area are red, crusty and tender. If 4 weeks is too long, you may stop and give your skin a rest. Once the area has healed, please restart the use of the cream, until you have completed a total of 4 week of treatment.

******* WARNING 5-FLUOROURACIL IS EXTREMELY TOXIC FOR DOGS*******

Combination of 5-FLUOROURACIL AND CALCIPOTRIENE (vitamin D analog cream, normally used to treat psoriasis)

- Apply twice a day on clean dry skin for 4 – 7 days or until area is red, crusty and tender.
(4 days is usually enough for the scalp and face. Arms and legs may need 7 days to react)

IMIQUIMOD

- 5% (Aldara®) comes in 12 or 24 small packages – apply Monday – Wednesday – Friday night before bedtime for 8 weeks. When your skin turns red and crusty, you may take a break, let the skin heal and continue until you have completed the entire course (8 weeks). Apply entire package into the area.
- 3.75% (Zyclara®) comes in a pump or single tube – apply daily for 2 weeks, then take a break for 2 weeks, then reapply for another 2 weeks.

KLYSIRI

- Apply entire tube every night for 5 nights

GENERAL CARE

1. Use this treatment when it is a good time in your life where you don't have to be in the sun, and you can possibly look bad for a while. Remember that we are looking for the red, crusty reaction.
2. If you are out in the sun, your skin has to be covered with Zinc based sunscreen, hats and shirts.
3. Once you have a reaction from these creams, then your skin will start to heal.
4. You may wash with gently cleansers (such as Dove, Cetaphil or Cerave)
5. You may apply Vaseline (greasy, and inexpensive), or Cicalfate (non-greasy cream that is sold in the office for approximately \$28.50), or Cicaplast by La Roche Posay that is sold OTC for about \$15, Biafine is a prescription that you can ask your doctor to prescribe. These creams will help heal the wound and redness.
6. In severe cases, when your skin is red and itchy, you may also apply over the counter Hydrocortisone 1% cream, or ask your doctor for a prescription topical steroid.