



## 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

- 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, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products ( the active ingredient in many of the Obagi and BACD brightening products), dapson, 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.

#### 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.

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## 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 [lsdin](#) which not 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.

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*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.