



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR EFUDEX - 5% Fluorouracil / 5FU & DOVONEX (CALCIPOTRIENE)

[For the Treatment of Precancerous Lesions]

WHAT IS EFUDEX & DOVONEX?

Topical 5-Fluorouracil (Efudex) is a prescription medication which is used to treat your skin condition known as actinic keratoses. By adding calcipotriene (Dovonex), the treatment duration can be greatly reduced with the same results.

- **YOU WILL EXPERIENCE A SKIN REACTION.** This treatment specifically targets pre-cancerous cells and sun-damaged skin but has little effect on normal skin. In general, skin with more sun-damage will have a more intense reaction. Treatment will result in healthier, smoother skin with a reduced risk of skin cancers.

HOW TO PREPARE

- Stop current skin products. Use only gentle soap (e.g. Dove Sensitive Bar, CeraVe Moisturizing Bar or Aveeno Moisturizing Bar), plain Vaseline ointment, a zinc-based sunscreen SPF 50 on the treatment area.

HOW TO USE EFUDEX

1. Cleanse the treatment area with a gentle soap. Completely dry area with a towel.
 2. Mix a thin layer of Efudex cream and Dovonex cream and apply to your treatment area.
Do NOT apply close to the eyes/eyelids/lips.
 3. You may apply Vaseline every 1-2 hours to keep skin protected and to speed healing.
- Use ONLY on the specific area discussed by your provider. Never treat more than one area at a time
 - Use the Efudex and Dovonex cream TWICE DAILY until the area becomes pink and slightly “scabby” then STOP.
 - Treatment times vary. These are SUGGESTED treatment durations.
Use until you develop a reaction then STOP regardless of the days.
 - Face / Scalp : TWICE DAILY for ~ 5 days (varies)
 - Forearms or chest or lower legs: TWICE DAILY for ~ 7 days (varies)
 - **IMPORTANT: YOU MUST USE STRICT SUN PROTECTION DURING TREATMENT & UNTIL SKIN IS HEALED**
 - Minimize sun exposure between 8 am - 6 pm.
 - Wear protective clothing each time you leave the home (including while driving). This includes a wide-brimmed hat, high collar long-sleeved shirt and/or pants depending on your treatment areas.
 - If the area cannot be covered by clothing, use sunscreen containing zinc or titanium (most “baby” brands).

WHAT TO EXPECT

- **Common symptoms**
 - Itching, burning, tenderness, redness, oozing, mild swelling, crusting
 - Crusting/scabs may take up to 2 weeks to heal
 - Redness disappears over several months
- **Uncommon/rare side effects**

*If you experience any of the following symptoms, STOP treatment and contact your provider.

- Ulceration: Deep bleeding sores in the treatment area

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- Infection: Severe swelling, foul-smelling milky drainage, with or without fever
- Fatigue, nausea, vomiting, diarrhoea, sores in the mouth

HOW TO CARE FOR YOUR SKIN DURING EFUDEX & DOVONEX TREATMENT

- While you are actively applying Efudex and Dovonex 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 50 everyday.

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 [Isdin](#) which not only 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.

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.