

Field Therapy for Actinic Keratoses

If you have many Actinic Keratoses (AK's, pre-cancerous lesions), we may recommend field treatment with any of the following topical chemotherapy agents:

- Fluorouracil
 - 5% cream or solution twice daily: 5-FU, Efudex® (2-4 weeks)
 - 4% cream daily: Tolak® (4 weeks)
 - 0.5% cream daily: Carac® (2-4 weeks)
- Imiquimod 5% cream daily: Aldara® (2-4 weeks)
- Picato®
 - Face/scalp: 0.015% daily x 3 days (1 tube/application)
 - Trunk/arms/legs: 0.05% daily x 2 days (1 tube/application)

INSTRUCTIONS:

1. Gently wash the areas to be treated with soap. Rinse with water and pat dry.
2. Apply a thin layer of the medication as directed (marked on diagram below), either to an entire area with your fingers or to individual spots with a Q-tip (we will specify).
3. After application, wash your hands with soap and water.
4. Repeat application as directed (twice daily = morning and evening; daily = morning).
5. Apply petrolatum ointment (Aquaphor, CeraVe healing ointment, or Vaseline) to any crusted areas. You may also take over-the-counter pain medications such as Tylenol or Advil for discomfort as needed.
6. Avoid makeup, shaving, or anything that may irritate the skin for the duration of treatment.
7. Avoid sun exposure during this period, as this has the potential to cause a severe sunburn.

WHAT TO EXPECT:

- Treated areas will become red, crusted, flaky, and uncomfortable the longer you use the medication. You may want to review photos of this expected reaction online so that you may be prepared.
- If you experience extreme swelling, pain, drainage, or other signs of infection or severe reaction, please contact the office immediately. Although rare, some patients may be allergic to the medication. We may also prescribe a mild topical steroid or topical calcipotriene (vitamin D cream) to use in conjunction with the agent above.

