

## **Efudex (or Carac) Instructions**

1. Apply a thin layer of Efudex cream (or Carac) to the specified sun damaged area twice a day. The medication is to be applied to the entire area, not just the keratoses (rough spots). Wash hands thoroughly after application!
2. Use Efudex twice daily for 2 weeks to 4 weeks (depending on the physician directions) or Carac once a day for 4 weeks (depending on the physician directions).
3. The skin will become red and scaly. This is the appropriate response.
4. Once redness starts, you may begin using Hydrocortisone 1% Cream (or other topical steroid provided by the physician) twice a day. This helps relieve pain and will speed the healing process. It may be applied as soon as 30 minutes after Efudex (or Carac) application.
5. For excessive reactions or if suspicious for an infection or allergic reaction, please call to make an appointment at my office so that I may evaluate your response to treatment.
6. The area may be washed as you normally would with soap and water. Do not wash the face for at least three hours after Efudex (or Carac) application.
7. Ladies: Makeup is permitted throughout the entire treatment period. Wait 30 minutes after Efudex use before applying makeup directly on top of the medication.
8. Please read the instructional pamphlet provided by the Efudex Drug Company so that you may familiarize yourself with the kinds of reactions you may experience.
9. If you have had a biopsy on any area that you will use the medication on, **DO NOT** start the Efudex (Carac) until your results are given to you and the medical assistant lets you know it is okay to start the treatment.