

# 5-FLUOROURACIL

TOPICAL TREATMENT FOR ACTINIC DAMAGE

## GUIDELINES



### **WHAT IS THIS TREATMENT?**

- Topical treatment using 5-Fluorouracil (5-FU)
- Targets and destroys pre-cancerous skin cells
- Is absorbed mostly by abnormal cells
- **Has very little effect on skin without sun damage**

### **HOW TO APPLY:**

- Apply a thin layer of the prescribed medication to the treatment area
- Do not apply near the eyes, eyelids, or lips
- Wash your hands after applying the medication

### **WHAT TO EXPECT:**

- The treated area will become red and irritated
- You may develop scaling, irritation, itching and mild pain
- This reaction is NORMAL
- Redness lasts 2-3 weeks after treatment is completed

### **TIPS FOR TREATMENT:**

- In general, skin with more sun-damage will have a more intense reaction
- To minimize discomfort and irritation, only treat ONE area at a time
- Discontinue treatment at the first sign of a sore or scab
- Try to avoid sunlight during treatment and while healing
- Wear SPF 30 or greater if you must go outdoors

### **VINEGAR/WATER SOAKS:**

- Combine 1 part white vinegar with 4 parts water
- Soak a clean washcloth in the solution
- Place washcloth on the treated area for 5-10 minutes
- Pat the area dry
- Apply a layer of Vaseline, Polysporin or Cicalfate
- Continue this routine until completely healed

### **WHEN TO CALL THE OFFICE:**

Text (**205-825-5577**) or call (**205.825.5575**) or email if you have any questions or concerns that the treated area is not healing normally, or you develop fever, foul smelling drainage, ulcers, marked redness, swelling, or intense pain.

### **OTHER INSTRUCTIONS:**

- **Keep the medicine away from pets and children**
- Keep treated area well-moisturized with Vaseline, Vanicream Cream, or Cicalfate
- Use only gentle skincare products (we recommend Vanicream, Cetaphil, or CeraVe)
- Do not use acne treatments, retinols, anti-aging products, or exfoliating treatments within 4 weeks of treatment
- Do not scrub the skin
- If you are prone to cold sores, take your prescribed medication to prevent flares



**VERY, VERY IMPORTANT!!**  
**PLEASE READ BEFORE STARTING TREATMENT**

- 1. You will experience a reaction to this medication
- 2. You may develop scaling, redness, burning, itching and mild pain
- 3. Redness, burning, pain are normal and to be expected
- 4. **ONCE YOU BEGIN REACTING (REDNESS, BURNING), YOU SHOULD**

**☆☆ DISCONTINUE THE TREATMENT ON THAT LOCATION ☆☆**

If instructed to treat multiple body locations-- only treat one area at a time.  
This will minimize discomfort and irritation.

Pro Tip

**INSTRUCTIONS: APPLY 5-FLUOROURACIL TO**

SCALP \_\_\_\_\_

FACE \_\_\_\_\_

NECK / CHEST \_\_\_\_\_

FOREARMS / HANDS \_\_\_\_\_

Remember

Your prescription was sent to a  
**LOCAL** (your pharmacy, mention "GoodRX" to pharmacist for best price)  
OR  
**COMPOUNDING** pharmacy (they'll call you to arrange delivery)

