

LAURA WAGNER, M.D.
Dermatology

EFUDEX INSTRUCTIONS:

1. Skin on the face and scalp typically requires application of the Efudex 2 times/day for 3 weeks. This should be the only topical medication that is applied to the area during the treatment. Gently wash your face 2 times per day and apply a thin coating of the Efudex to the area as instructed by Dr. Wagner. Do not apply to eyelids or lips or the creases around the nose unless specifically instructed to do so. Avoid sun exposure as much as possible during your treatment.
2. If you have pain or burning that is not adequately controlled with ibuprofen, please contact Dr. Wagner for prescription pain medications or sleep aids. Cool compresses are acceptable, but **DO NOT APPLY ICE TO THE FACE**. If there is excessive itching, you can apply OTC hydrocortisone around lunch time so that it does not dilute the medication that you are applying morning and night. Although the treated areas may become very red and weep clear fluid, bleed or crust, it is unusual for the open skin to become infected. However, if you believe that your skin is becoming infected please contact Dr. Wagner's office immediately.
3. After the 3 weeks of treatment are over, please apply Polysporin ointment obtained over the counter as often as is feasible throughout the day. **YOU CANNOT OVER APPLY THE POLYSPORIN**. Continue to wash your face gently morning and night during the healing process. You do not need to wash the face between each Polysporin application. Once the skin is healed, (not weeping) you can discontinue the Polysporin and apply routine moisturizer or cosmetics. Expect the redness to continue after the treatment for a few months as it fades slowly from day to day.
4. If you are specifically treating your lips with the Efudex, that treatment process takes about 7-10 days rather than three weeks. Once the skin on the lip has come off, you can discontinue the medication, as long as it has been a full 7 days. Once you get to 10 days of therapy stop regardless of the condition of the lips. Although it is best to wait 30 minutes after application of the Efudex to the lips before eating, do not be anxious if you accidentally lick your lips or consume food immediately after you apply the Efudex. This medicine is not internally toxic at doses that small.
5. If you are treating areas off the head, Dr. Wagner may instruct you to apply an extra medicine to work with the Efudex to help it penetrate adequately into your skin. It doesn't matter which medication you apply first and you don't have to wait between applications of the two medications – just put one immediately on top of the other. If you run out of the second medication before your 3 weeks is up, continue to apply the Efudex by itself for the rest of the time course. By the time you run out of your second medication, but skin will be adequately open to allow the Efudex to penetrate.
6. Unless you are an old pro and have used Efudex in the past, Dr. Wagner would like to reexamine your skin 2 months after you start your medication.

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