



Wound Care Instructions EFUDEX (5-Fluorouracil)

- You have been prescribed a topical medication for the treatment of pre-cancerous and early cancerous lesions. It should be used as directed for the complete duration of time recommended. This is very important to maximize the effectiveness of the treatment.
 - Apply as directed on your prescription to the recommended areas.
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- Prior to applying the topical medication, wash the affected area with a mild cleanser (eg. Cerave, Cetaphil, Dove) and pat it dry. There is no need to scrub the area vigorously, as this will only irritate the skin.
 - Allow skin to dry. Applying the medication to wet skin will increase irritation.
 - For **2-4** weeks (depending on your prescription), apply a thin layer of medication **2** times a day and lightly rub it in. This is like “butter on toast” and not “cream cheese on a bagel”.
 - Afterward thoroughly wash your hands.
 - Avoid getting the medication on your eye, eyelids or lips unless specifically directed to do so.
 - We recommend you apply a light moisturizer (Cerave facial moisturizer, Aquaphor, or Cetaphil) 30 minutes after using the medication and as often as needed to keep the skin and/or scale soft. If the skin is allowed to crust or scab, it may crack or bleed and become painful.
 - Repeat this application process as often as it is recommended on your prescription.
 - If any areas become open or weepy, we encourage you to apply 1% hydrocortisone cream or mupirocin at least twice a day to help prevent infection.
 - It is normal that most people using these medications will experience redness and irritation of the skin in the areas treated (may look like poison ivy). This is an indication that the medicine is effective. In general, the worse the irritation, the better the results. For some people, the redness, scale, itch and irritation begins after only 2-3 days, and for others it may take 2 weeks or longer. Please **DO NOT STOP** your medication unless the irritation is severe. Contact us if you think you need to stop the medication.
 - If there is pain, blistering, extreme redness or crusting, or if the skin cracks or bleeds, stop the medication and **CALL US IMMEDIATELY**.

PHONE NUMBERS TO CALL (Please call us with any questions or concerns)

- Weekdays 7AM – 4PM Call the Clinic and ask for the nurse.