

ALDARA CREAM INSTRUCTIONS

Aldara (Imiquimod) is a cream that helps your immune system to fight against several types of growths on your skin. It is used to treat warts, sun damaged skin (actinic keratosis), and some skin cancers. Aldara causes local irritation and even ulceration when it works.

Duration of use:

1. Use Aldara as directed by your physician. It is typically prescribed 2-7 times per week 2-6 weeks but sometimes longer.

Application:

1. Aldara cream comes in little packets. Perforate the packet with a needle and squeeze just enough onto your fingertip or a Q-tip to apply to the lesion and immediate surrounding areas. Only a small amount of cream is needed.
2. Store the unfinished perforated packet in a zip-loc bag or cover with saran wrap so that it does not dry out.
3. Apply at night. It will take 5 minutes to absorb into the skin after which time it will not rub off. Do not cover the treated area with a bandage after it was applied unless specifically discussed with your doctor.
4. Wash hands after applying.
5. Wash the treated area in the morning.

Expected Reactions:

1. It is expected to have some degree of crusting, redness, itching and flaking. This is normal and desired. It is also normal to see areas that you have not directly applied the cream to react with redness and crusting.
2. If a severe local reaction occurs, such as extensive crusting or blistering, stop the Aldara until the reaction resolves. This usually may take up to one week to heal.
 - a. Restart the cream and use it as tolerated. It is okay to restart the cream at a lower frequency than initially prescribed. For, example, instead of 5 days a week you may switch to 3 days per week and then increase back to 5 days/week as tolerated.
3. Some patients may experience flu-like symptoms. If you are feeling ill, please call our office.

