

Actinic Keratosis

Patient Advice Notes

What is Aldara™ cream?

Aldara™ cream is used in the treatment of 'actinic keratosis'; also known as 'solar keratosis' which describe small skin growths usually as a result of sun damage after exposure over many years.

Is Aldara™ cream like other treatments?

- ✓ Aldara™ cream works differently to other treatments. It helps your body's own immune system reverse the changes in the skin that have occurred and fight your actinic keratoses

How do I use Aldara™ cream?

- ✓ Apply Aldara™ cream to the affected area.
- ✓ Rub gently until the cream vanishes.
- ✓ Rub Aldara™ cream on to the skin immediately surrounding the affected skin.
- ✗ Do not take by mouth and avoid contact with eyes, lips and nostrils.

When do I apply Aldara™ cream?

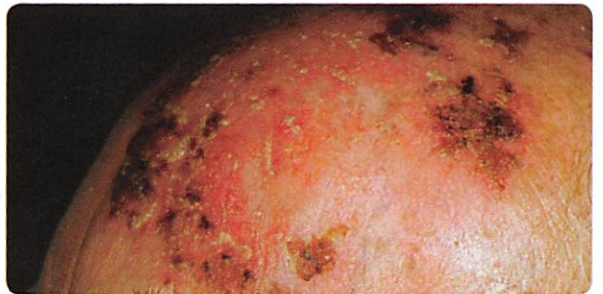
- ✓ Use Aldara™ cream three times a week, just before going to bed:
 - Monday, Wednesday and Friday
 - OR
 - Tuesday, Thursday and Saturday
- ✗ Do not use Aldara™ cream more often. It won't have any greater effect.
- ✗ Do not use for longer than 4 weeks at a time.
- ✓ If your doctor thinks that you need a second 4-week course of treatment, you should leave 4 weeks before starting again.

How do I apply Aldara™ cream?

- ✓ Before going to bed, wash the affected area and wash your hands with mild soap and water
- ✓ Dry thoroughly
- ✓ Cut open a new sachet of Aldara™ and squeeze the cream onto your fingertip.



Before treatment



During treatment



After treatment



1 year after treatment

 **Aldara™**
Cream, 5%
Imiquimod

Actinic Keratosis

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- ✓ Apply a thin layer of Aldara™ cream to the affected area and rub gently until the cream vanishes.
- ✓ After application of the cream, throw away the opened sachet.
- ✓ Wash your hands with soap and water to remove traces of the cream.
- ✓ **Leave Aldara™ on the skin for about 8 hours.**
- ✗ Do not shower or bathe during this time.
- ✓ After about 8 hours, wash the area where the Aldara™ cream was applied with mild soap and water.

How long does Aldara™ cream take to work?

- ✓ As Aldara™ cream works with your immune system it takes time to be effective.
- ✓ Some people notice the growths shrinking after only 2 weeks, but in other cases they may not go away until after the first 4-week course is completed, followed by a rest period of 4 weeks and a second 4-week course has been given.

What changes will I notice?

- ✓ Reddening and swelling at the site are normal, telling you that Aldara™ cream is rousing your own immune system to fight the abnormal cells. Evidence shows that the worse the reddening the more effective the treatment
- ✓ Not all patients notice redness or reactions at the site, but the Aldara™ cream may still be working.

What should I do if undesirable effects occur?

- ✗ If the reddening becomes too uncomfortable, wash the Aldara™ cream off with mild soap and water and consult your doctor who may advise you to take a short rest-period from treatment, e.g. 3 – 4 days. As soon as the effects have cleared up you can apply the cream again.
- ✗ Do not try to make up these missed doses.
- ✓ If at any stage you are in doubt about your treatment, please consult your doctor.

What if I am pregnant or breastfeeding?

- ✗ Stop using the cream.
- ✓ See your doctor immediately to discuss risks and benefits of use in your own case.

What should I do if I miss an application?

- ✓ Apply Aldara™ cream as soon as you remember and then continue with your normal routine.
- ✗ Do not try to make up these missed doses.

What information should I give my doctor?

- ✓ Do tell your doctor if you have previously used Aldara™ cream or any other treatment to clear your Actinic Keratosis.
- ✓ Remember to tell your doctor if you are pregnant or breastfeeding.

Where can I find out more?

- ✓ The leaflet in the Aldara™ cream pack has more information.
- ✓ If you have any concerns talk to your doctor, nurse or pharmacist.

 **Aldara**[™]
Cream, 5%
Imiquimod

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