

# GREENSBORO DERMATOLOGY ASSOCIATES, PA

## Patient Information Aldara (Imiquimod)

### **Aldara (Imiquimod) Instruction sheet**

Your physician has prescribed Aldara cream (generic=imiquimod) to treat a pre-cancer or skin cancer on your skin. Aldara encourages your own immune system to attack a problem (such as a virus or early skin cancer) only in the area where it is applied. This cream works from the "inside out" to treat your surface skin cancer.

Aldara comes as a cream and is packaged in boxes of 12 or 24 packets.

### **Instructions for application:**

Apply a thin layer of Aldara cream to the area you are treating at bedtime. You will usually only need a pea-size amount.

Aldara comes in small packets- you can most likely get more than one use out of the packet. Make a small tear at the top or use a pin to make a hole in the packet. Press out a small amount of cream to apply. You can use a paperclip to close the packet and store the opened packet in the refrigerator. Unopened packets can be stored at room temperature.

You can apply the cream with your fingertip or a Q-tip. You only need to apply a thin layer to the area and rub it in well. Do not apply a large amount of cream. Do not cover the area with a bandage. Avoid eye area. After applying, wash your hands well.

Leave the cream on overnight. In the morning, clean the area with mild soap and water.

You will be given instructions on how frequently and for how long to apply Aldara cream. Your physician will give you specific instructions. Use a calendar to help mark the dates when you are to start and stop the cream and which days you are to apply.

### **Examples of different treatment regimens may include:**

- Apply a small amount of Aldara cream to the affected area at bedtime Monday thru Friday nights for 6 weeks. Do not apply on the weekends (Saturday or Sunday nights)
- Apply a small amount of Aldara cream to the affected area at bedtime Monday, Wednesday, and Friday nights only.
- Your physician will give you other specific instructions for application.

Aldara cream may cause irritation in the area of application or areas surrounding the area of application. The area may get red, crusty or develop a blister or scab. If the area becomes very tender, irritated, or itchy, you may stop the Aldara cream for a few days and then try to restart your regimen. If you develop large blisters or scabs, are unable to tolerate the pain/tenderness, or are unable to restart your regimen, please call our office (954-7546) for further instructions. Also, if you have additional questions or develop flu-like symptoms (a very rare side effect when applying to large surface areas), please call our office.

Sensitive areas of the skin, such as face, neck, or chest, may become more easily irritated than tougher areas like legs or arms. Some people do not develop any redness or scabs in the area.

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You do not have to develop a reaction for the cream to work. The cream works at a microscopic level.

After you have completed your treatment course, you may use Vaseline or over-the-counter hydrocortisone 1% cream to the area to help any irritation fully resolve.

Make sure to follow-up with your physician at your scheduled appointment after treatment so the area can be examined.