

North Carolina Dermatology Associates, PLLC
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**Aldara Cream for the Treatment of
Actinic Keratoses (AK's) and Superficial Skin Cancers**

You have been prescribed Aldara for treatment of your skin condition, either actinic keratoses (AK's), or superficial skin cancers. Aldara is an immune response modifier, which means that this cream stimulates your own cells in the affected areas to produce interferon, a natural anti-tumor substance made by your body.

The summary of information leaflet in the Aldara Package is important to read for basic Aldara instructions. At **NCDA**, we want you to do the following:

-All patients, regardless of their diagnosis, are to use Aldara for 2 weeks; 3-5 nights a week as instructed by your physician, then come in for a quick check

OR as instructed by your doctor. _____

- Reuse each small packet. Open packet with a pin, squeeze out a small amount, then wrap in tin foil or put in a Zip-Loc plastic bag and reuse until gone.
- Your clinician may instruct you to return to our office for a quick check of the treated area(s) to determine how much longer to use the cream. Results of Aldara treatment are quite variable.
- We want you to have good "inflammatory response" which indicates that your immune system is activated against the atypical cells. A good response will be redness, irritation, itching, burning, swelling, perhaps sores, scabbing, and crusting. These are usually mild, not painful, and quite normal effects of Aldara. If you are uncomfortable, stop the cream, let the area(s) heal up (no more pain, no burning, etc) and then restart your treatments until the treatment plan is completed, as instructed by your clinician.
- -If there is a build-up of honey-colored crusting, please give our office a call for further instructions.
- -Your final Aldara follow-up visit is six weeks after your last application of the cream. This is an important office visit to determine if Aldara treatment has been successful.
- -At any time, you may call the office and speak to a clinician or medical assistant about your Aldara use. We may call in a cream for you to use to hasten the healing process. Aldara treated areas heal beautifully with no scarring.
- Aldara as treatment for actinic keratoses and superficial skin cancers avoids the needs for surgery in the majority of people. Aldara is cost effective, easy to use, and causes no scarring. Side effects are mild and manageable. Please make sure to return for all revisits as instructed.