

ONCE-A-DAY CARAC® INSTRUCTIONS

Once-A-Day Carac® (5-FU topical treatment) is a new medication for the treatment of actinic keratoses. Actinic keratoses are the dry, red scaly spots on the skin caused by sun damage. They often appear as rough or uneven texture on the face. These spots are not skin cancer, but in rare cases, may turn into cancer years later. Treatment of these spots requires removal of the defective skin cells.

As you probably have experienced, there are various ways to remove actinic keratosis, including freezing with liquid nitrogen and removal of the skin surface with scraping procedures. In addition, there are creams and gels to treat actinic keratosis.

Carac® Cream 0.5% is a topical 5-fluorouracil cream used to treat actinic keratosis. It works by interfering with the growth of abnormal fast-growing skin cells, such as actinic keratosis. These cells peel off and are replaced by healthy ones.

INSTRUCTIONS:

Carac® only needs to be used two weeks per month. A thin layer should be applied once a day at bedtime for two full weeks. Avoid contact with your eyes, nostrils, and mouth. Wash your hands after applying Carac® on your skin. A moisturizer or sunscreen with a minimum SPF 30 should be applied each morning.

After one week of applying Carac®, stop using it for two weeks (or till the end of the month). The cycle then repeats the following month for two weeks. Continue the cycle until the spots reduce. In some cases it may take only 1-2 cycles for the lesions to resolve. For some patients it is necessary to use the Carac® for 6-12 months (cycles) to obtain the best results.

SIDE EFFECTS:

When using Carac®, you may have mild to moderate facial irritation, such as redness, dryness, swelling, or mild burning sensation. This usually resolves within 2 weeks. The more actinic keratoses you have, the more redness and inflammation you can expect during treatment. There are no reported food or drug interactions with Carac®. Serious side effects do not occur. Eye irritation has been reported in some cases. If this occurs, please let me know. Do not use Carac® on infected or open wounds.

Carac cream offers an easy way to treat sun damage and actinic keratosis, smoothing out your skin and preventing surgical treatment in the future. If you have any trouble using this cream, please call the office. If you have any other questions about this information, please do not hesitate to ask me before you leave the office.