

Efudix Cream

What is Efudix?

Efudix is a cream you apply at home to treat sun-damaged skin and early skin cancers. The active ingredient, fluorouracil, works by destroying abnormal precancerous and cancerous skin cells while leaving healthy skin mostly unaffected.

Why Has My Doctor Prescribed Efudix?

Your doctor has prescribed Efudix to treat one or more of the following:

- Actinic keratosis (Solar keratosis or sunspots)
- Intraepidermal carcinoma (Squamous cell carcinoma in situ, Bowen's disease)

What to Expect During Treatment

Skin irritation is normal and expected during treatment. This usually indicates that Efudix is working.

Typical changes happen in stages:

Week 1	You may notice the area becoming red and inflamed.
Week 2 - 3	Your skin may start to peel or crack. Small open sores may appear, and the area may feel uncomfortable.
After 3 weeks	The treated skin will begin to shed. Some redness can persist even after you stop applying the medication.
After treatment	Most people's skin heals in 1-2 months, though recovery may vary depending on how many spots were treated and the duration of therapy.

If you prefer a slower, gentle approach, let your doctor know. Your treatment plan can be adjusted to reduce irritation – you will notice ongoing redness, but severe reactions are less likely. Additional treatment cycles can be used if required.

When to Stop Treatment

Stop using Efudix and contact your doctor immediately if you notice:

- Severe pain, blistering or ulceration at treatment site
- Skin infection at treatment area
- Stomach cramps, vomiting, diarrhea, a swollen or sore tongue, mouth ulcers.

Rare allergic reactions or risk of ulceration resulting in altered skin pigmentation or scarring may occur.

Contact your doctor or the dermatology team if you have any concerns.

How to Apply Efudix

Follow your doctor's instructions carefully:

1. Clean the treatment area with water only. Avoid soap as this might irritate your skin
2. Pat the area dry and wait 10-15 minutes to allow your skin to completely dry
3. Apply a thin layer of Efudix as instructed using a cotton bud or glove
 - **Avoid contact with eyes, nostrils and lips**
 - **Treat no more than two palm-sized areas each application**
4. Wash your hands thoroughly immediately after using Efudix.

Important Precautions

- **Do not apply Efudix to broken skin or open cuts**
- **Do not cover the treated areas unless instructed**
- **Do not use if allergic to any ingredients**
- **Do not use if pregnant or may become pregnant.**

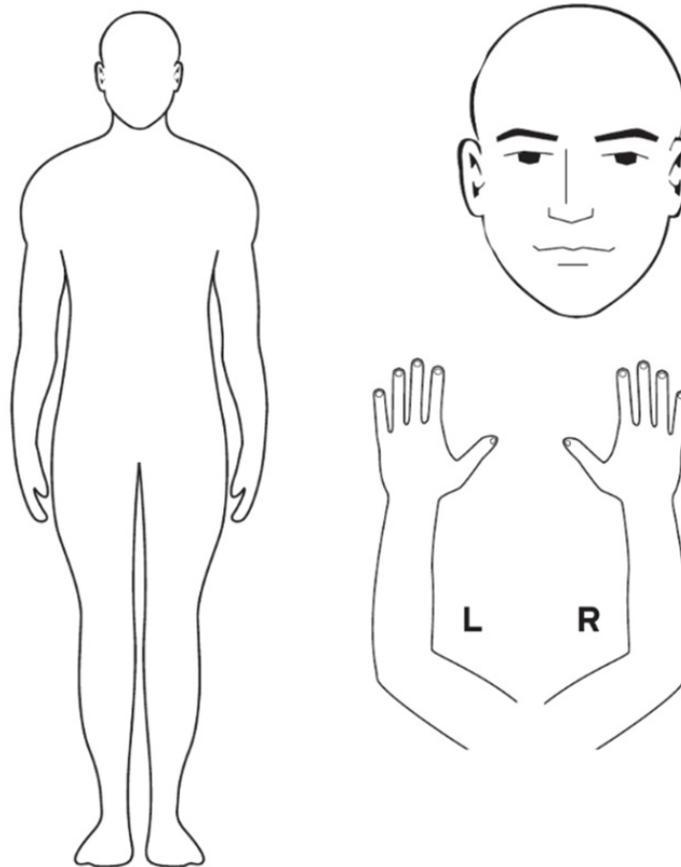
Tips

- Apply Efudix in the morning or 2-3 hours before bedtime to reduce the risk of it rubbing off
- Efudix makes the skin extremely sensitive to sunlight – this is especially important in hot climates with strong UV
- Treated areas must be completely protected from the sun. Apply sunscreen over the treated areas each morning and stay indoors during peak UV hours (10am – 4pm)
- When outdoors, wear a wide-brimmed hat, long sleeves and seek shade
- Continue strict sun protection for several months after finishing treatment as the skin remains sensitive for some time
- See your doctor for yearly skin checks or sooner if a treated spot reacts very strongly or doesn't react as expected.

Your Treatment Plan:

Apply Efudix cream morning / evening

Daily/every _____ days for _____ weeks to the below areas:



You may treat areas in serial sections (one area at a time) if advised.

After finishing Efudix:

Use: _____ once/twice daily for 2 weeks to settle inflammation.

Repeat Treatment:

Repeat course recommended: Yes / No

If yes, when: _____

Notes:

Notes:

For questions or further information contact the Dermatology team:

**Dermatology Department
Townsville University Hospital
Level One (Medical and Cardiac Clinics)**

Monday to Friday 08:00-4:30pm

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