

## Efudix® Therapy

### What is a dermatofibroma?

Efudix® [Fluorouracil] cream is very effective at treating early and superficial changes in the skin caused by the sun. It works by destroying unstable skin cells and makes the immune system repair the damaged skin

We generally use Efudix® to treat persistent Solar Keratoses, Bowen's Disease (Intra-Epithelial Skin Cancer), and superficial Basal Cell Carcinoma. Treatment should ideally be limited to relatively small areas of skin (<10cm) and it can cause quite intense inflammation of the skin. This will typically make the skin look a lot worse before it improves. This is seen as redness, soreness and weeping. If this is uncomfortable, it is often preferable to leave off treatment for a few days until recovery takes place. The inflammation will often last for the entire duration of treatment.

One of the advantages of using Efudix® cream is that it will treat the whole area of sun-damage and can help improve the skin for several years. It is generally 85% effective. The downside is that it can cause symptoms during treatment until the skin heals again.

### Method 1 – Apply cream sparingly to affected areas nightly for 6-weeks

This method is effective but may cause some redness of the skin lasting several weeks. For treating large areas on the face, it may be beneficial to start at one site and rotate the treatment to other sites after the first site has been treated for 6-weeks. If the redness is very sore, discontinue for a few days or refrain from treatment at the weekends. See your GP or ask for an appointment if the reaction is severe. It can be helped by the application of a topical steroid/antibiotics cream called Fucibet®. If there is little change after 3-weeks of application, apply the cream less sparingly or consider twice daily application. It is unusual for the treatment not to be effective.

### Method 2 – Apply cream twice daily for 3-weeks

This method is highly effectively but will also cause quite a severe reaction in some individuals that may last 5-6 weeks. It is more suitable for treatment of smaller areas of sun-damaged skin. If the redness is very sore, discontinue for a few days or refrain from treatment at the weekends. See your GP or ask for an appointment if the

reaction is severe. It can be helped by the application of a topical steroid/antibiotic cream called Fucibet®.