

DR. MAGDALENA KUJATH, MD, FRCSC
DR. BENJAMIN TAYLOR, MD, FRCSC

Valley Otolaryngology - Head & Neck Surgery
99A Webster Street Kentville, NS B4N 1H8
Phone: (902) 678-4233 | Fax: (902) 678-4234

EFUDEX (FLUIRIURACIL) INSTRUCTIONS

Please read the following information before beginning your treatment. Your Efudex prescription will be sent directly to the pharmacy for pickup, to be started as soon as possible. Please be aware that this medication will alter your skin's appearance during its treatment course, but do not be alarmed, it is normal and to be expected!

Usage:

If you are treating skin of the face or scalp, application of Efudex is typically 2 times per day for 2-3 weeks. You will complete a repeat course of Efudex after a 2-week break for healing. During this treatment, Efudex should be the only topical medication or cream that is applied to the area.

Gently wash your face twice a day (morning and night) and apply a thin coating of the Efudex to the area as instructed by your surgeon. Do not apply to eyelids, lips or the creases around the nose unless you were specifically instructed to do so by your surgeon. Avoid sun exposure as much as possible during your treatment.

If you have been instructed to apply Efudex to your lips, the treatment process is about 7-10 days rather than 3 weeks. Once the skin on the lip has come off, you can discontinue the medication as long as it has been at least 7 full days.

Pain Management:

Treat pain with Tylenol or Ibuprofen. Cool compresses are acceptable but DO NOT apply ice directly to your skin. If you experience excessive itching, you can apply over-the-counter hydrocortisone cream around noon or midday so that it does not dilute the Efudex that is applied morning and night. Although the treated areas become very red and weep clear fluid, bleed or crust, it is unusual for the open skin to become infected. However, if you are concerned that your skin is becoming infected, please contact our office immediately. Occasionally, a prescription antibiotic cream is required.

After Treatment:

Once you completed the 2-3 weeks of treatment, please apply Polysporin ointment (purchased over-the-counter) as frequently as possible throughout the day for 5 days, then change to Vaseline. Continue to wash your face gently morning and night during the healing process (you do not need to wash the face between each Polysporin application). Expect the redness to continue after the treatment for a few months, it will slowly fade day by day.

If you have any questions or concerns do not hesitate to contact the office at (902) 678-4233.

The Phases of Fluorouracil Effects

Early Inflammatory Phase

During the first week of application, mild inflammation occurs



Inflammatory Phase

During the following weeks, redness and swelling occur with some crusting and burning

Tumor Disintegration Phase

Lesions resolve as the skin exfoliates



Healing Phase

Over 1-2 weeks, new skin grows into the treatment area