



3 Mahoney Ave.
 Rutland, VT 05701
 (802) 773-3553
 www.rutlandskin.com
 Daniel P. McCauliffe, M.D.

Aldara (imiquimod) instructions

Aldara is a medication that helps your white blood cells destroy skin cancers and precancers. When this medicine works it causes redness and crust is expected to develop. Some people need to use this medicine more frequently than others to get a response. We instruct patients just starting Aldara to apply it just once per day to the affected area, usually in the evening at least 2 hours before bedtime, so that it won't be washed off for at least 8 hours. Avoid getting the Aldara too close to the eyes or lips, as it can be very irritating. We usually have patients come back around two weeks later to see how well they are reacting to the Aldara. If not much irritation has occurred we usually lightly freeze the area with liquid nitrogen and then have them use the Aldara twice daily. If no significant irritation has developed after one week of twice daily application, we then have the patient continue applying the Aldara twice daily but then cover it each time with a band-aid. Once the site becomes irritated you should stop covering it with a band-aid. We usually have the patient come back after the second week of twice daily application. Sometimes patients get too much reaction and we have to stop the Aldara for a few days and (or) decrease the frequency of application. If a crust develops at the site, an antibiotic ointment or Vaseline should be used to keep it soft. Usually we have patients use the Aldara for at least six weeks and then come back 2-3 months after the treatment ends, to assess how effective the treatment was. You should call us if you have any questions or concerns. Do not apply the cream to any redness that may expand outward from the site being treated, otherwise you will get much more irritated than need be.

Do not follow the instructions in the packets. Follow these instructions:

Open a packet carefully at one end. Squeeze out just enough to apply to the affected area (or areas). Then fold over the end of the packet and save until the next application. Keep using the same packet until it is empty and then open another packet. Apply at least 2 hours before bedtime, otherwise some of the cream may get on your pillowcase and irritate unintended areas. You can use a tooth pick to transfer the cream from the packet to the area being treated, then rub it in. If you use a finger to apply the cream, wash the finger well immediately after.

Rub in a small amount of Aldara to the affected area on your _____
 Once daily Once daily. If no irritation develops in a week apply it twice daily. If no irritation develops after a week of twice daily applications, continue twice daily but cover with a band-aid after each application. Twice daily. If no irritation develops in a week continue applying it twice daily, but cover with a band-aid 3 days per week (M, W, F) _____
 Make an appointment to see Dr. McCauliffe in 2 weeks 3 weeks 3 months _____

For some patients the following diagrams will help you remember where to apply the Aldara.

