

ZYCLARA
(Imiquimod)

Actinic keratoses (AKs), also known as solar keratoses, are scaly or crusty growths. These lesions can be precursors to squamous cell carcinoma and are known as a “pre-cancers.” AK’s most often appear on the bald scalp, face, ears, lips, backs of the hands and forearms, shoulders, neck or any other areas of the body frequently exposed to the sun. Commonly, they appear as red, scaly crusts, but many can be invisible or smooth to the touch. For this reason, using a topical treatment for AK’s can be superior to freezing with liquid nitrogen. There are a number of topical medications including Zyclara. Zyclara is used for once daily for two weeks, a holiday of two weeks, and then another two weeks of treatment.

Basic instructions:

1. Wash the area where the cream will be applied with mild soap and water. Allow area to dry
2. Open a packet of Zyclara Cream and apply a thin layer to the affected area to be treated. You may need to use more than 1 packet, but NO more than 2 packets.
3. Rub the cream into your skin until you cannot see the Zyclara Cream
4. After you apply Zyclara Cream, wash your hands with mild soap and water
5. A moisturizer/sunscreen may be applied 1 hour after the medication has been applied. You may use other skin products including creams, lotions, or cosmetics throughout the treatment process.
6. If you forget to apply Zyclara Cream, just apply the next dose of Zyclara Cream at your regular time
7. If you get Zyclara Cream in your mouth or eyes rinse well with water right away

Zyclara is an effective treatment for AK’s. It targets the sun damaged areas and stimulates your immune system to destroy these areas. This causes inflammation to both visible and invisible lesions. Applying Zyclara to normal skin would result in very little irritation. Treatment leaves the affected area temporarily reddened, raw and can cause some discomfort resulting from skin breakdown. This is not an allergic reaction. Subclinical lesions not previously appreciated may also become inflamed during therapy. The more raw and inflamed the skin becomes, the better the end result. If at any time during treatment you are concerned with the reaction, please feel free to call our office and make an appointment.