



## Aldara (Imiquimod) Cream

Imiquimod works by stimulating the immune system to fight abnormal cells in the skin. The brand name for imiquimod is Aldara. You should use this leaflet in conjunction with the package insert.

### Instructions

- Apply the cream thinly in the evening to the affected area and 1cm around it as directed below:

How often should I apply the cream?	How long should I use it for?	Where should I apply it?	Should I use anything else during or after the course of treatment?
<input type="checkbox"/> Five times a week (Monday to Friday) or <input type="checkbox"/> Three times a week (Monday, Wednesday and Friday) or .....	<input type="checkbox"/> Four weeks or <input type="checkbox"/> Six weeks or .....		<input type="checkbox"/> A light moisturiser such as Simple or <input type="checkbox"/> Eumovate cream or .....

- One sachet will cover an area of 25cm<sup>2</sup> (roughly equal to one palm excluding the fingers). If your lesion is very small, then any cream remaining in the sachet can be stored in the fridge overnight (fold the sachet and use a paper clip to seal)
- Do not cover the area being treated unless you have been specifically advised to
- You can wash the area gently with lukewarm tap water and pat dry. Avoid soaps

### What to expect

Side effects are common and indicate the cream is working. Typically redness, flaking and soreness will develop by the end of the first week. You should continue to apply the cream if there is a mild reaction. You should stop the cream if:

- The reaction causes excessive discomfort
- There is scabbing
- Skin break down (an ulcer) develops – for example, if the area looks like a ‘cold sore’
- There is a lot of weeping (this might suggest infection and it is best to see your dermatologist or GP as you may need antibiotics)

Sometimes your dermatologist might recommend restarting the cream less frequently once the side effects have settled.

### After treatment

Once you have completed the course, the redness will take 4–12 weeks to settle. If a scab has formed, apply Vaseline twice a day to allow it to separate naturally. Do not pick it.

Occasionally skin lesions need a further cycle of treatment, do not respond or recur. Your doctor may ask you to return to the clinic for assessment.

### Contact details

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