



# Aldara Cream Treatment for Sun Damage and Solar Keratoses

You have been advised to treat an area of your skin with Aldara cream. This is called field treatment. Aldara stimulates your immune system to activate, attack and destroy abnormal skin cells.

Aldara comes in a 6 or 12 sachet box or as a one or two pump pack. The volume of 6 sachets is equivalent to one pump. The pump usually gives a slightly increased volume as there is less wastage. Please note that prices can vary from Pharmacy to Pharmacy and Private Health Fund ancillary benefit will sometimes offer rebates.

Four squirts of the pump is equivalent to one sachet. One sachet should cover the approximate area of a bald scalp from eyebrows upwards or the entire face from eyebrows downwards. Please rub it in thinly over the entire area to be treated. Please apply at night. Treatment will need to be continued for 7 nights before it becomes effective.

After some days, usually 3 and 5 days the treated area becomes red and inflamed. This looks a little like sun burn. Once you see the red areas appearing on your skin please stop your treatment and wait for 4 weeks. Please continue to use moisturiser, sunblocks and other agents you may require including cosmetics.

One cycle of redness will usually improve your skin by a factor of 80%. You may treat your skin again with a further pulses 4 weeks later and this will generally clear the remainder. It is not unusual that sun damaged Australians may require re-treatment every 2 to 5 years to maintain their level of improvement.



For enquiries or concerns, please contact  
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