

HILL CENTER FOR DERMATOLOGY P.C.
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ALDARA

Aldara is a cream which stimulates the immune system in the area where it is applied. It has been used for many conditions but only a few are FDA approved. One of these is for the treatment of pre-cancers called actinic keratoses. The treatment regiment I have found to give the best result with the least amount of side effects is listed below.

Apply Aldara 3 times a week (i.e.. Monday, Wednesday, Friday) at bedtime. It should be used for a total of 4 weeks (12 applications).

If skin gets too red, irritated or painful, you may discontinue use for one week – then restart the following week to get the goal of 12 applications.

Once the 12 applications are complete, stop the Aldara for 4 weeks. If at the end of the 4 weeks (rest period) there are still some scaly bumps left, repeat the cycle.

If at the end of the 2nd rest period there are still some scaly bumps, or if you have any other questions or concerns, call the office for an appointment.