

Carac cream (5-fluorouracil) Patient Handout

Carac (topical 5-fluorouracil) is a topical medication which efficiently eliminates precancerous skin lesions known as actinic keratosis (AKs). The removal of these AKs requires some degree of inflammation or irritation prior to their disappearance. Please carefully review the following information to most effectively and comfortably benefit from Carac therapy.

Location of Carac application:

Scalp ___ Entire Face ___
Forehead ___ Temples ___ Cheeks ___ Nose ___ Ears ___
Hands ___ Forearms ___ Chest ___ Individual Lesions ___

Instructions for Application of Carac: Start Date _____

___ Apply Carac cream Daily for ___ weeks

___ Apply Tazorac (or Retin-A) samples Daily for ___ days (samples will be given).
Then stop Tazorac, and start applying Carac Daily for ___ weeks (prescription).

- Avoid applying before bedtime, as the Carac may rub off on your pillows and get in your eyes.
- Avoid applying before exercising, as the Carac along with sweat may drip into your eyes.
- If you shower in the mornings, would recommend applying Carac sometime AFTER showering.
- Highly recommend applying a moisturizing cream (such as Cetaphil cream, Cerave cream, Eucerin cream, etc) once or twice daily to soothe the dry irritated skin. Creams are preferable to lotions, as lotions contain more alcohol and may sting or burn.
- Avoid use near eyes or mouth unless instructed otherwise.
- Avoid sun exposure while on Carac therapy, due to increased risk of sunburns.

What to expect

- Redness, irritation (burning, itching), dry scaly skin, crusting, and mild discomfort is necessary for Carac cream to work.
- The above findings may not start for 1-2 weeks and may last for 2-4 weeks after completion of Carac.

What to report

- Redness and swelling that is covering almost the entire area being treated
- Signs of infection such as yellowish crusting, solid red color, fever (100.5 degrees or greater)
- Severe discomfort that you cannot tolerate
- Call us if any questions or if Carac therapy is causing any problems that concern you.

Follow-up appointment: _____