

Topical Treatment Options for the Face

Treat at home options:

1. Efidix Cream.

Applied to the skin twice daily, sparingly, for approximately 4 weeks (3-5 weeks). Supervision by our clinic is required during treatment and your first check should be 2 weeks after you start treatment. 1 tube (\$60) will last between 10 and 14 days. You will use between 2 and 3 tubes. Generally your skin will be very inflamed, itchy and scabbed by the end of the second week.

Face: takes 3 - 5 weeks (usually 4 weeks). Cost \$120 - \$180. 2-3 tubes.

Forearms: Takes 3- 8 weeks (usually 6 weeks). Cost \$240 - \$360. 4-6 tubes

2. Aldara Cream Pump Pack. (not for the arms)

Applied to the face on Monday Wednesday and Friday for 4 weeks (12 applications). No supervision is required. Applied very sparingly. Each pump pack has 24 squirts per pack. You will require 2-4 squirts to cover your face. You will use between 1 and 2 pump packs at approximately \$90/pump pack. Generally your face will be very inflamed, itchy and scabbed from week 2 through until week 6 (about 4 weeks). Cost \$90-\$180.

At the clinic option:

PDT (photodynamic therapy using ALA(aminolaevulinic acid).

Your face is pre-treated with a salicylic acid peeling cream (\$35) for 3 weeks (little or no reaction) to remove as much scaling as possible. On the day, ALA solution is applied to your face by our clinic, and you're then placed in a dark room for 60 minutes to allow the solution to absorb into your skin. After 60 minutes you're allowed to drive home. You must then sit on your veranda for 2-3 hours to allow activation of the ALA. Over the next 12 hours your face will become inflamed, swollen and tender to the touch. Peeling starts after about day 3. Most of the reaction has gone by day 7. Cost depends on the amount of ALA used:

Full face \$350. Nose \$100. 1/2 face \$200. Forearms and hands \$450. Hands only \$150.