

*Coorparoo Skin Cancer Clinic
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Topical Treatment Options for the Forearms and Hands

Treat at home options:

1. Efidix Cream.

Applied to the skin twice daily, sparingly, for approximately 6 weeks (4-8 weeks). Supervision by our clinic is required during treatment and your first check should be 3 weeks after you start treatment. 1 tube (\$60) will last about 10 days. You will use between 4 and 6 tubes. Generally your forearms will be very inflamed, itchy and scabbed from week 3 through until week 8 (about 5 weeks).
Approximate cost \$240 - \$360.

At the clinic option:

PDT (photodynamic therapy using ALA (aminolevulinic acid)).

Your face is pre-treated with a 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 forearms by our clinic, and you're then placed in a dark room for 30 minutes to allow the solution to get absorbed into your skin. At 30 minutes you are allowed to drive home. You must then sit on your verandah for 2-3 hours to allow activation of the ALA. Over the next 24 hours your arms will become inflamed, swollen and tender to the touch. Peeling starts about days 4. Most of the reaction has gone by day 7.

Cost \$450. Hands \$150