

Maggie's instructions for using Aldara.

Do NOT cut across the sachet – just make a pinhole in the sachet.

Use in the evening and wash off gently in the morning

Use just enough to cover the lesion – a sachet should last at least a week if not more.

Initially use Aldara for 5 nights per week – Monday through Friday

After two weeks assess the reaction and use the “three bears” principle

If “too hot” i.e. very marked redness and crusting – cut the frequency of use down to three times a week – Monday, Wednesday and Friday. Continue using for another 4 weeks – six week treatment in total

If “too cold” – i.e. minimal reaction – increase frequency of use to every day and continue using every day for another four weeks – again six weeks treatment in total

If “just right” – continue to use Aldara five days a week for a total of six weeks.

If at any time the reaction is excessive – cease use for a few days then restart at a lower frequency.

If you are not sure whether the reaction is excessive or not please feel free to come into the practice and ask one of our nursing staff.

Please remember that this is NOT a local treatment but affects cells in your body – only treat a few lesions at a time – the most common side effect is muscle aches and pains and this is much more likely if lots of lesions are treated at the same time

Approximately 10-15% of people will not respond at all – if there is no reaction at all after 4 weeks you are probably a non-responder and there is little point in continuing treatment – we will need to look at alternative therapies