

# Treating your vulval skin condition with Aldara (imiquimod) cream

Women and Children's Division  
Information for patients

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## Introduction

Aldara cream contains the active ingredient imiquimod, which is a type of medicine called an immunomodulator. It acts by stimulating the body's own defence mechanisms.

## How do I use the cream?

1. Before going to bed, wash your hands and the treatment area with your soap substitute (such as Cetaben) and water. Dry thoroughly.
2. Open a new sachet of the cream and squeeze some cream onto your fingertip.
3. Apply a thin layer of the Aldara cream into the clean, dry area and rub gently into the skin until the cream vanishes.
4. After applying the cream, throw away the opened sachet and wash your hands with soap and water.
5. Leave the Aldara cream on the area for six to ten hours - overnight is usually best. Do not shower or bathe during this time.
6. After six to ten hours, wash the area where the Aldara cream was applied with your soap substitute and water. The cream should also be washed off before any sexual contact.

## How often do I use the cream?

This varies as we start gradually and build it up to make sure you are able to tolerate it. We will advise you how often to use the cream.

You will usually have a telephone consultation during the course of your treatment.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## **Are there any possible side effects from using the cream?**

When you first use the cream you may experience some itching, irritation, pain or burning. For this reason we ask you to gradually increase how often you apply it. If the skin becomes very red and sore you should stop using the cream until it settles. You can use your emollient cream to soothe the area. We also advise applying Flamazine cream if the area becomes very sore and painful.

On rare occasions, skin reaction may be accompanied by flu-like symptoms such as fever, nausea or aches and pains. If this happens, take a rest period of several days before starting the treatment again.

### **Contact details:**

**Gynaecology Nurse Specialists: 0116 258 4840**

**Use the diary overleaf to record how well the cream is working.**

Symptom diary	Symptoms	Score (1 to 10, 10 being the worst)	What have you done to get relief?
<b>Week 1</b> Date of application of cream			
<b>Week 2</b> Date of application of cream			
<b>Week 3</b> Date of application of cream			
<b>Week 4</b> Date of application of cream			

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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