



Actinic Keratosis Treatment Options

Actinic Keratosis are precancerous skin lesions caused by years of sun exposure. If not treated, they have the ability to transform into Squamous Cell Carcinoma (a type of skin cancer).

Treatment modalities to prevent this conversion include:

- Liquid nitrogen or Photodynamic Blue Light Therapy: Both of these treatments are performed in the clinic by one of our staff members.

Photodynamic Blue Light Therapy is a convenient, safe and effective treatment for actinic keratoses however, **COMPLETE SUN AVOIDANCE for 3 days after treatment is imperative.** This includes direct sunlight (outdoors) and indirect sunlight (indoors near windows or in cars). Significant sun burns can occur if exposed to ultraviolet light within the first 3 days after treatment.

- Topical chemotherapy creams. This treatment is performed by the patient daily from 2 - 90 days depending on which medication is prescribed. Topical chemotherapy creams can cause a certain degree of sun sensitivity as well. It is advised that patients take protective measures to limit sun exposure during treatment periods.

It should be noted that destruction of Actinic Keratosis by any method will cause a certain degree of redness, swelling, blistering, crusting and discomfort.

The degree of skin involvement, convenience and cost will help guide the choice of treatment(s) that will best fit each patient's lifestyle. If you have any questions about your chosen treatment plan, please ask one of our staff members before treatment is begun.