

FLUOROURACIL

PATIENT INFORMATION & INSTRUCTIONS

WHAT IS IT & WHY I WAS PRESCRIBED THIS MEDICATION

Your medical provider has determined that you have significant sun damage with precancerous lesions called Actinic Keratosis. It is important that these lesions are treated adequately since there is a risk that they may convert to a skin cancer (squamous cell carcinoma) in the future. You may also be prescribed this to treat superficial skin cancer.

You have been given a prescription for 5-fluorouracil, which is a topical chemotherapy medication used for the treatment of precancerous and lesions superficial skin cancer.

This medication, when used properly, has been shown to be effective in reducing the number of precancerous lesions and potentially reducing the risk of developing skin cancer in the future as well as treating some superficial skin cancer.

HOW TO USE THE MEDICATION

- Wash your face prior to application.
- Apply a thin layer to the areas that are to be treated. Your doctor will discuss the treatment areas with you.
- An ideal time to apply the medication is in the evening, 2 to 3 hours prior to retiring for bed. If you need to apply a moisturizing cream, wait for 30 minutes after applying the medication.
- The medication is typically used daily for a total of 30 days, however, in many instances the duration may vary.
- Use your daily moisturizer, sunscreen (and make-up) as you regularly would.
- If your skin feels dry and tight, apply your moisturizer more frequently.
- Discontinue medications that contain retin-A, or other agents that may contribute to the irritation of your skin such as glycolic acids.
- Your doctor may have also prescribed a non-potent topical steroid. Examples of this may be triamcinolone, hydrocortisone, Desonide. You can apply this medication 2 to 3 times per day to help with the redness and irritation which commonly occur from the use of topical chemotherapy medications.

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SIDE EFFECTS

Most patients will not experience any side-effects the first few days of treatment. Following this, many patients develop a variable degree of redness, itchiness, burning, dryness of the skin and discomfort in the treated areas and some areas may even scab. It is important that you realize that the above symptoms are normal. As noted in the instruction section, you should moisturize your skin and use the topical steroid which is prescribed for you.

However, if these symptoms become severe, discontinue the medication and contact our office. Systemic symptoms are extremely rare, but if you develop symptoms such as weakness or fatigue, aches/chills contact our office immediately and discontinue the medication.

FOLLOW UP

You need to follow-up with your doctor 2-3 months after the completion of the medication. It is important to keep this appointment to make sure the pre-cancerous lesions have resolved. If you have any questions during your treatment course you may be advised to come in and make sure that the course of treatment is adequate and not too severe. It is possible that treatment length or your skincare regimen may be altered.

You will then go back to your regular skin check intervals following completion of the treatment. Please do not hesitate to contact our office with any questions or concerns.

VISIT OUR WEBSITE

Visit our website to learn more about our services, meet our providers, and schedule your appointment today.



PHONE
(509) 794-1434



LOCATION
1607 CREEKSIDE LOOP STE 140, YAKIMA,
WA 98902

DERMAL FILLER

VOLUME LOSS TREATMENT

ABOUT TREATMENT

A dermal filler is a substance that is injected into the skin to help “fill” an area. Dermal filler treatments are especially great for minimizing fine lines, wrinkles and provide facial and lip volume. Other ways dermal fillers can also help is that they can add or adjust contour to your face especially around the cheeks and can decrease the shadow underneath the eyes. Fillers are typically made up of substances that are naturally present in the skin, such as hyaluronic acid. As such these substances are biologically compatible with your body and result in a natural look, when injected by a trained professional.

Results gained with dermal fillers occur almost instantly. However, the first initial treatment may not be enough. Repeated treatments are needed regularly throughout the year to maintain the results. At Integrative Dermatology we take pride in creating exceptional experiences and outstanding results with our clients. Schedule a consultation to see how we can help achieve the results you are looking for!

BEFORE TREATMENT

- **Arnica Montana:** If you have a history of bruising with injections. This is a supplement that can help prevent or lessen bruising. should be started 1–2 day(s) prior to treatment for best effect.
- **Aspirin / Ibuprofen avoidance:** If possible, skip Aspirin 2 weeks prior to your treatment. Avoid Ibuprofen or Aleve 3 days prior to procedure.
- **Optional: Numbing cream.** While it is not necessary and most patients do not use numbing cream, some patients find numbing cream helpful for any discomfort of injections. Apply 60 minutes prior to treatment.

AFTER TREATMENT

- Ice on the affected area post-procedure in 15 minutes on, 15 minutes off intervals for the first 24 hours, can help with swelling or pain.
- Makeup can be applied immediately after procedure if desired. For bruising, use a good concealer.
- Avoid any rubbing or massaging of injection sites unless expressly instructed by your physician.
- Wear a Zinc-Titanium based physical sunscreen. UVA sun rays break down dermal fillers and can shorten the life expectancy of fillers. Protect your investment! Wear a physical sunscreen when outside. Please note that traditional sunscreens are usually chemical based and do not block UVB rays sufficiently.

POSSIBLE SIDE EFFECTS

- Common: Redness, swelling/bruising, pain at injection site
- Rare: Vision loss, formation of granulomas, skin necrosis, and potential asymmetry requiring further treatments

MORE INFO



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CHEMICAL PEELS

MELASMA & SKIN HEALTH TREATMENT

PRE TREATMENT STAGE

- Begin a recommended home care regimen before starting the peeling process. (see back)
- Treatment plan & goal setting with your provider.

TREATMENT STAGE

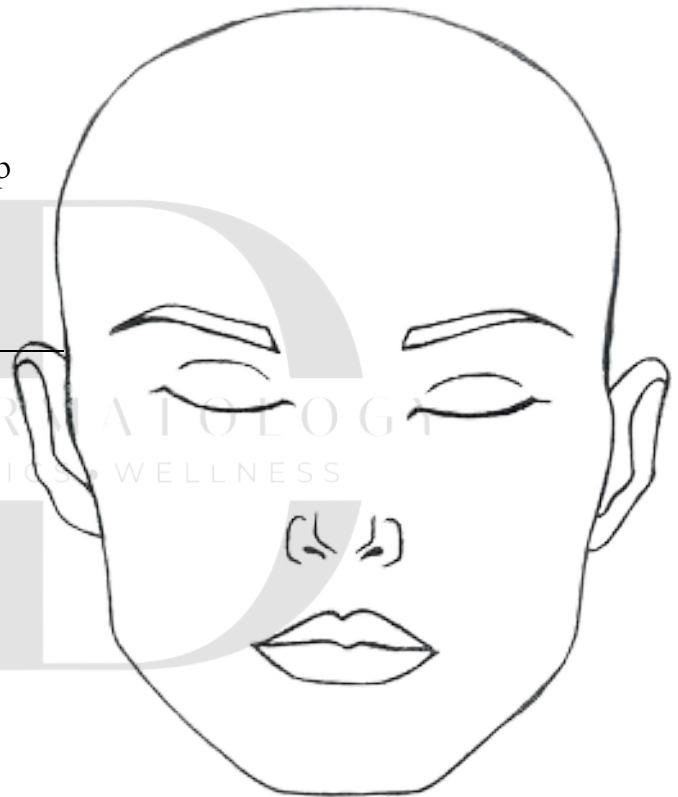
- Peels can be performed every four weeks.
- SPF and recommended home care routine is necessary to maintain results.
- Peel strength can be increased, if needed, at each follow up treatment.

MAINTENANCE STAGE

- Follow recommended skin care regimen at home to maintain results.
- bleaching & lightening regimen between and after treatment as instructed.

TARGETS

Melasma
Acne & Clogged Pores
Health & Prevention
Hyperpigmentation



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CHEMICAL PEELS

MELASMA & SKIN HEALTH TREATMENT

ABOUT TREATMENT

Chemical peels are transformative treatments that utilize a precise blend of acids to gently exfoliate your skin's outer layers. By dissolving dead skin cells, they reveal a brighter, and more rejuvenated complexion.

BEFORE TREATMENT

- Bleaching/lightening cream: Many patients will be prescribed some form of a bleaching regimen leading up to their chemical peel treatments. These bleaching/lightening creams help prep the skin for best results and reduce the possibility of rebound pigmentation.
- Sun Avoidance: Use a daily sunscreen.
- Retinol Cream: These creams will help prep skin and ensure a better peel. Only use leading up to your treatment if directed by your provider.

AFTER TREATMENT

- Procedure: Face will be prepped and stripped of all oils and impurities prior to treatment using acetone or facial cleanser. You will experience a faint burning sensation as the peel solution is applied to the skin, this may grow more intense for some individuals. Typically, a fan is provided to help.
- Post procedure: Immediately after the procedure your skin will continue to feel hot. This temporary burning sensation will gradually fade with time as the peel is neutralized. This typically takes 15-30 minutes.
- Day 1: Your skin may be quite sensitive. Typically patients feel as though they have a mild sunburn. This will continue to fade with time. Moisturizing is the key. Use a gentle moisturizer on your face 2-3 times a day. If heat sensations continue an icepack or damp towel may be used.
- Days 2-7: Depending on the strength of the peel used and your skin's reaction, most peeling occurs within 2-7 days. Over this time all pigmented skin will grow darker in color. As your skin begins to flake and peel let it do so naturally. Do not pick or scrub. Continue gentle moisturizer 2-3 times a day and avoid sun exposure. Makeup may be worn but typically a powder based make-up is preferred.
- Post-peeling: Once all peeling has subsided (typically after 7 days) you may begin your normal skin care regimen. It is at this time that it is best to restart any bleaching/lightening products you have been using.

This will help the effects of the peel. Continue sun safety.

POSSIBLE SIDE EFFECTS

- Common: Redness, itching, discomfort
- Rare: Post-inflammatory hyperpigmentation, scarring



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WET WRAPS

PATIENT INFORMATION & INSTRUCTIONS

WHAT ARE WET WRAPS?

Wet wraps are wet bandages wrapped over emollients and/or topical steroid creams to areas of eczema.

HOW DO THEY WORK?

- **Cooling:** as water gradually evaporates from the bandages this cools the skin and helps relieve inflammation, itching and soreness.
- **Moisturizing:** emollients covered over with wet bandages are deeply absorbed into the skin to provide a longer lasting moisturizing effect.
- **Steroid absorption:** enhanced absorption of topical steroid molecules into both the superficial and deeper layers of skin occurs where inflammation is present.
- **Physical protection:** in addition, the bandages provide protection from the itching and scratching cycle, so that skin gets a chance to heal properly.

INSTRUCTIONS

- Immediately after a bath or shower, apply topical steroid cream provided by provider.
- After applying topical steroids apply a topical emollient (aquaphor, Vaseline).
- Wrap bandages, gauze, cloth or socks soaked in warm water over the top of the cream.
- Allow to sit 30 minutes to 1 hour then remove and rub in remaining cream.

BENEFITS OF WET WRAPPING

- Reduced itching and scratching
- Reduced redness and inflammation
- Skin re-hydration
- Better skin healing process
- Reduced steroid usage once the condition is controlled
- Improved sleep

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR code.



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VINEGAR WATER SOAKS

PATIENT INFORMATION & INSTRUCTIONS

WHAT IS A VINEGAR WATER SOAK?

A vinegar water soak is a simple home remedy made by diluting vinegar, typically white vinegar, with warm distilled water. The ingredients are simple just white vinegar and warm distilled water. Distilled water is preferred to avoid any mineral impurities that could irritate the skin. Benefits of vinegar water soaks include:

- Antimicrobial properties: Vinegar's acidity (due to acetic acid) might help reduce odor-causing bacteria on the skin or feet.
- Soothing for itchy skin: The vinegar solution might provide some relief from itching caused by mild eczema or insect bites. However, be cautious with sensitive skin, as vinegar can be irritating.
- Aiding wound healing: Diluted vinegar can help cleanse and promote healing of minor skin wounds. It is especially helpful for softening and removing scabs or crusting of a wound.

DIFFERENT DILUTIONS

We recommend a 1 part vinegar to 32 parts water mixture for our patients. Here is how that breaks down in common household measurements. You may mix the amount you need based on application.

- 1 Tablespoon vinegar + 1/2 Quart water
- 1/4 Cup vinegar + 8 Cups water
- 2 Tablespoons vinegar + 1 Quart water
- 1 Cup vinegar + 1 Gallon water

WOUNDCARE INSTRUCTIONS

We recommend a 1 part vinegar to 32 parts water mixture for our patients. Here is how that breaks down in common household measurements. You may mix the amount you need based on application.

- Mix ingredients together, soak a soft cotton cloth (gauze, towel, etc) in the solution. Wring the cloth so damp.
- Apply the cloth to the affected area for a total of 15 minutes.
- Always use a fresh portion of the towel or new piece of guaze for each application. Do not double dip.
- The soaks should be done 2-4 times a day.
- Mixture can be stored in the fridge between uses.
- If you have been prescribed a topical medication or instructed to use an over the counter topical by your physician, apply this immediately after vinegar water soak.

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BIOPSY

PATIENT INFORMATION & INSTRUCTIONS

WHAT IS A SKIN BIOPSY

A Skin Biopsy is a simple procedure where a small portion of tissue (usually skin) is taken and sent to a lab to analyze. This helps us identify different skin conditions and ensure you are receiving the best care.

BIOPSY RESULTS

Results for a skin biopsy typically take 7-10 days. Once the result has been finalized and reviewed by your physician, one of our staff members will be calling you to discuss the results and follow up / treatment measures that should be taken. If you have not been contacted and it has been over 2 weeks since your biopsy, please call our office. Results are also viewable through your patient portal. Please note that you may be seeing your results before your provider has reviewed them. These test results could include sensitive or concerning information, such as a cancer diagnosis. If you are not comfortable seeing this information before you have discussed your results with your provider, please wait to view them.

WOUNDCARE INSTRUCTIONS

Materials needed:

- Ointment: Vaseline or Aquaphor ointment.
- Dressing: Choose either a gauze pad and tape or band-aid.

Instructions:

- Keep band-aid in place for 24 hours and **DO NOT GET IT WET!** If it becomes wet, remove the band-aid, reapply ointment and put on a new band-aid.
- After 24 hours, do the following daily:
 - a. Remove the band-aid.
 - b. Wash gently with soap and water.
 - c. Apply ointment and a new band-aid.
- If you have stitches, you may prefer to keep it covered with a band-aid to keep it from snagging on clothing and causing irritation.
- **If your wound has stitches:** You must make a return appointment to have them removed.

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ACCUTANE: HOW TO SURVIVE IT

PATIENT INFORMATION & INSTRUCTIONS

DRY SKIN

- Apply a thicker cream based moisturizer as much as you can. Use ones without fragrances and avoid a lot of plant oils and extracts. Our favorites are CeraVe moisturizing cream, Vanicream or Cetaphil cream.
- Having a humidifier in your room at night can help with overall dryness.
- Aquaphor and Vaseline can be applied to inflamed or rashy areas as well.

DRY LIPS

- Lip balms typically will not cut it while on Accutane, using an ointment like Vaseline, Aquaphor, or and Lanolin are best. You can get lip balms with cortisone in them like Cortibalm or Dr. Dans that may be helpful. On occasion you may need a steroid ointment prescription from your provider.

DRY EYES/BLURRY VISION

- Lubricating eye drops, regularly applied can help with dry eyes that may be causing blurry vision.
- Using the preservative free single use vials are best. Refresh plus and Systane are some of our favorites.

OTHER TIPS & TRICKS

- Drink lots and lots of water!!
- Take your pills with the fattiest meal of the day, it helps the medication to be absorbed better and can lessen side effects.
- Taking a vitamin E and Omega-3 supplement to help with dryness.

JOINT PAIN

- Taking DHA fish oil supplements daily can be helpful with joints.
- Taking ibuprofen to help with sore and stiff joints may be needed if more severe.
- Icing the areas on and off 10 minutes on and off.
- Epsom salt baths: soak for 15-30 minutes.

DRY/BLOODY NOSE

- Having a humidifier in your room at night can help with overall dryness.
- Applying Ayr Nasal Gel or Vaseline on a q-tip to the inside of your nose will help, especially at night.

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EXCISION

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WHAT IS AN EXCISION?

An excision refers to the surgical removal of a skin lesion. We remove the entire lesion and some surrounding skin referred to as “margins”. The specimen is then sent to a pathologist for diagnosis confirmation.

EXCISION RESULTS

All excisions will be sent to pathology for testing unless explained otherwise by your physician. Results typically take 7-10 days. Once the result has been finalized and reviewed by your physician, one of our staff members will be calling you to discuss the results and follow up / treatment measures that should be taken. If you have not been contacted and it has been over 2 weeks since your excision, call our office. Results are also viewable through your patient portal. Please note that you may be seeing your results before your provider has reviewed them. These test results could include sensitive or concerning information, such as a cancer diagnosis. If you are not comfortable seeing this information before you have discussed your results with your provider, please wait to view them.

WOUNDCARE INSTRUCTIONS

- Keep the wound completely dry for the next 48 hours. After 48 hours, you can get the area wet in the shower; however do not soak the area (no bathing or swimming).
- Apply a thin layer of antibiotic ointment (polysporin, bacitracin) to stitches in the morning and evening. This will keep the stitches moist and less bothersome; this also helps prevent infection. If you were not prescribed an antibiotic ointment, please use Vaseline or Aquaphor.
- Take two Extra Strength Tylenol (500 mg each), or age recommended dose, 4-6 hours following surgery for pain, repeat as needed. Call if pain becomes worse.
- Watch the wound for signs of infection, If these occur, please call the clinic.
- Redness spreading from the wound
- Pus-like drainage
- Pain in the area
- If the area becomes warm to the touch.
- If the area is actively bleeding, apply pressure to the wound and please call the clinic.

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NEUROTOXIN INJECTABLES

WRINKLE TREATMENT & PREVENTION

ABOUT TREATMENT

The most popular treatment in facial aesthetics. Many individuals do not realize that Botox itself is a brand, not a treatment. It fits into a group of products that are referred to as neuromodulators or neurotoxins. Treatment involves a series of tiny injections just below the skin. The products, i.e. Botox, Dysport, Daxxify, Jeuveau, & Xeomin block muscle movements essentially “freezing” the injection area. They are used to improve and smoothen the appearance of wrinkles that result from facial expression including: frown lines, forehead lines, and fine

BEFORE TREATMENT

- Neurotoxin injections are quick, easy, and nearly painless.
- Arnica Montana: If you have a history of bruising with injections. This is a supplement that can help prevent or lessen bruising and should be started 1-2 day(s) prior to treatment for best effect.
- Discontinue preventative Aspirin or blood thinners two weeks prior to appointment (check with your prescribing doctor prior to discontinuation).

AFTER TREATMENT

- Avoid doing yoga or similar activities where head is below the rest of the body for any extended amount of time for several hours following treatment.
- Makeup can be applied immediately after procedure if desired.
- Avoid any rubbing or massaging of injection sites unless expressly instructed by your physician.
- Wear a Zinc-Titanium based physical sunscreen. To help protect your investment, be sure to always wear a physical sunscreen when outside.

MONITOR FOR THE FOLLOWING

- Eyebrow heaviness or drooping (rare): A small amount of eyebrow heaviness is normal, especially for patients having their first set of injections. Severe heaviness or drooping is a rare complication. Contact your provider if this occurs.
- Asymmetry: Take note of any asymmetry that may occur with your injections. We can always add a few additional units to an area to help even things out. We may also make adjustments at your next appointment.

POSSIBLE SIDE EFFECTS

- Common (temporary): Redness, swelling/bruising, pain around injection site
- Rare (temporary): Eyelid drooping, headaches, asymmetry



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