



Efficacy of home-based chemo-wraps of topical 5-fluorouracil for disseminated superficial actinic porokeratosis compared to ablative erbium laser: Comparative case study

We present a case of side by side comparison of 5-Fluorouracil (5-FU) 5% cream occluded under plastic-wrap compared with Ablative erbium laser to the contralateral forearm.

One forearm was treated twice weekly at home with topical 5-FU 5% cream occluded under plastic-wrap overnight for 6 weeks.

The treatments were spaced 3 days apart. The wrap was left on overnight then washed off the next morning.

The other forearm was treated with Ablative Erbium laser (Sciton) ablation to 100 microns to only the cornoid lamella.

Both therapies resulted in a 90% reduction in the palpable porokeratosis. The erythema lasted longer in the efudix treated forearm. No real difference was noted in the clinical appearances at 3 months post treatment.

We conclude that the efudix wraps are more accessible to patients due to their simplicity and not requiring laser equipment.