

Excerpt from: **Essential Pearls for the Practicing Dermatologist**

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Orlando, FL

inject base of wart until blanching or diffuse infiltration

- May need repeat g2 -4 weeks

 - Reference:YazdanfarA, FarshchianM, FereydoonnejadM, FarshchianM. Treatment of common warts with an intralesional mixture ofBiorouracil, lidocaine, and epinephrine: a prospective placebacontrolled, doubleblind randomized trial. Dermatol Surg. 2008 May34(5):6956 Reference:SepaskhałM, Sarani MB, Bagheri Z. Comparison of the efficacy of intralesional 5 fluorouracil/lidocaine/epinephrine injection with cryotherapy to treat common and palmoplanta warts: A randomized, controlled trial. Dermather: 2022 Sep3(5)0.
- Overview

10 Pearls

- Intralesional 5-fluorouracil as an adjunct treatment for warts
- Intralesional 5-fluorouracil mixed with Kenalog as a more efficient treatment option for 2. hypertrophic scars
- Intralesional 5-fluorouracil as nonsurgical option for SCCs in older patients who are not great 3 candidates for excision
- Intralesional saline for atrophy (bacteriostatic sodium chloride)
- Hy-Bio (OTC supplement) for pigmented purpuric dermatosis 5.
- Woods lamp flashlight from Amazon (much cheaper and more portable than the regular Woods 6. lamp)
- Gloves in a Bottle Shielding Lotion to create an invisible shield for patients with hand eczema or 7. contact dermatitis
- Mesoram needles (3 needle injector) to save time when treating a large area (intralesional 8. platelet-rich plasma, kenalog or lidocaine for numbingcccc)
- Use pipette instead of wooden-tipped applicator when treating multiple molluscum lesions 9.

Intralesional Saline

- Intralesional bacteriostatic sodium chloride for atrophy
- Inject into different planes with the ÷ intent to overfill
 - Plane of injection depends on where atrophy is
 - If involving all layers, inject subcutaneous, dermal and superficial plane until peau d'orange appearance every 2 weeks
- Helpful for many types of atrophy

Corticosteroid-induced atrophy Can also help with atrophic acne scarring

- Can help with even old scars



50 mg/mL

Disclosure Statement

I do not have any relevant relationships with

IL 5-FLUOROURACIL (5-FU): Keloids

SCCs

- Combination of 1% lidocaine with epinephrine and IL 5FU
- 1: 4-5 ratio
- 1 part 1% lido with epi and 5 (or 4) parts 5FU Approximately 0.1-0.5cc (depending on size) and may
- need to repeat Nonsurgical option for select older patients who are not
- good candidates for surgical removal



FLUOROURACIL

50 mg/mL

UKUUKACIL (5-FU): Keloids

- Have patients fill out a hair loss questionnaire BEFORE you see them to 10. increase efficiency of the visit (my questionnaire attached)
- Intralesional (IL) 5FU comes in 50ml bottle of 50mg/ml
- Helpful in keloids, hypertrophic scars, warts and SCCs (latter only in the right type of patient)
- Mechanism of action
 - Keloid/hypertrophic scar: 5FU inhibits growth of new blood vessels, halts rapidly proliferating fibroblasts, promotes scar degradation
 - Warts: inhibits new blood vessels, increases immune system's ability to attack foreign material (i.e. HPV)
 - SCC: Inhibits synthesis of thymidine via binding of major anabolic enzyme (thymidylate synthetase) → disruption in DNA synthesis
- Side effects: pain, burning, ulceration and hyperpigmentation

Pigmented Purpuric Dermatosis (PPD)

- Treatment for PPD:
 - Compression socks
 - Vitamin C 500mg bid
 - Rutoside (rutin) 50mg bid
- If patients want to take ONE supplement (instead of two different ones): HY-BIO by Solgar
 - Correct dose in 1 tablet, take bid
 - Amazon, \$30 dollars for 250 pills (which is a 4 month supply if taking 1 pill bid)



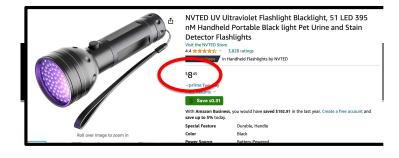
Wood's Lamp – Handheld Flashlight

Instead of using a cumbersome Wood's lamp, get a \$10 Amazon 395nm flashlight

- Keep one in each room
- Battery-operated
- Very portable



UV light – Much Cheaper!



Gloves in a Bottle (Shielding Lotion)

- Very helpful for patients with hand eczema
- Lasts for ~6 hours, so bid application works great



> Price: \$17.95 (\$2.24 / ft 0.0) </prime Two-Day 5 Searching *** You could have earned \$1,060.46 in rewards o work Amazon purchases over the past year with

Learn more
Brand Gloves in A Bottle
Item Weight 8.8 Ounces
Item 6.75 x 2 x 6.75 inches
Dimensions
LxWxH
Preduct Eczema Treatment,Pioriasis
Beenfits Treatment,Molsturizing
Sourcefits Unce Reven

this item

MESORAM needles

- Save time as using 3 needles instead of 1
 - Three 30 gauge needles, 4mm length
- Can use for many procedures, including:
 - IL Kenalog (scarring alopecia or alopecia areata if large area involved)
 - IL platelet -rich plasma
 - Local anesthesia for large areas (i.e. procedures like Profound radiofrequency microneedling)





Y

MESORAM needles

- Inject at a 30 degree angle (depending on the type of procedure)
- Pros
 - Saves time
 - Even distribution as already 3 equidistant needles
- Downside:



Order for Germany and can several

Molluscum - Pipette

 Pipette for molluscum instead of wooden tipped applicator so you can use on multiple lesions

Expensive: approximately \$5 each



weeks to obtain

Hair Loss Questionnaire

	ClearSkin Dermatology		11		
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	loss been since it started (circle one): Better W				
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