eflornithine (topical) (ee-flor-nith-een)

Vaniqa

Classification
Therapeutic: facial hair removers (topical)

Pregnancy Category C

Indications
Reduction of unwanted facial hair in women.

Action
Inhibits the enzyme ornithine decarboxylase (ODC) in skin, which decreases synthesis of polyamines.

Therapeutic Effects:
Decreased hair growth in areas of application.

Pharmacokinetics

Absorption: Less than 1%.

Distribution: Unknown.

Metabolism and Excretion: Small amounts absorbed are excreted unchanged in urine.

Half-life: 8 hr.

TIME/ACTION PROFILE (decreased hair growth)

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>ONSET</th>
<th>PEAK</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>topical</td>
<td>4–8 wk</td>
<td>unknown</td>
<td>8 wk*</td>
</tr>
</tbody>
</table>

Half-life: 8 hr.

Contraindications/Precautions

Contraindicated in:
Hypersensitivity.

Use Cautiously in:
Pregnancy, lactation or children 12 yr (safety not established).

Adverse Reactions/Side Effects

Local: burning, rash, stinging, tingling.

Interactions

Drug-Drug: None known.

Route/Dosage

Topical (Adults):
Apply a thin layer to affected areas of the face and adjacent involved areas under the chin and rub in thoroughly. Do not wash face at least 4 hr after application. Use twice daily at least 8 hr apart.

NURSING IMPLICATIONS

Assessment

● Assess facial hair prior to and every few wk during therapy.

Potential Nursing Diagnoses

Risk for impaired skin integrity

Implementation

● Intermittent patient in the correct technique for application of eflornithine. If a dose is missed, do not try to make up; resume normal application schedule. Advise patients that medication does not permanently remove hair or cure unwanted facial hair. It is not a depilatory. Current hair removal techniques should continue. Eflornithine helps manage condition and improve appearance. Hair will return to pre-treatment condition in about 8 wk after hair removal.

Patient/Family Teaching

● Advise patient that normal cosmetics or sunscreen may be used after eflornithine application.

● Advise patient to inform health care professional if pregnancy is planned or suspected or if breast feeding.

● Advise patient to notify health care professional before taking any RX or OTC medications or using any facial or skin creams.

● Advise patient to use a broad-spectrum sunscreen with SPF of 15 or higher and to avoid sun exposure when outdoors.

● Advise patient to avoid prolonged sun exposure (UVB or UVA) while using eflornithine.

● Advise patient to inform health care professional if pregnancy is planned or suspected or if breast feeding an infant.
Evaluation/Desired Outcomes

- Gradual decrease in hair growth in areas of application. Improvement may be seen in 1–8 wk or longer. If no improvement is seen after 6 mo of use, discontinue.

Why was this drug prescribed for your patient?