

PART 2 OF THE HIDDEN DAMAGE SERIES

# THE HIDDEN DAMAGE PROJECT

SAVE FACE

THE HEALING JOURNEY



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WELCOME

## A NOTE BEFORE WE BEGIN

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If you read Part 1 — **From Beach To Burnt** — you already know what I went through. 28 days of chemo cream. A face that looked like something went very wrong. Hidden sun damage that had been quietly building under my skin for decades.

This is what happened next. This is the part nobody talks about.

*The healing.*

*The surprise.*

*The skin on the other side.*

Stay with me. Because this part?

**This part is really good.**

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*Haven't read Part 1 yet?*

**From Beach To Burnt — available at [thehomeplacecapecod.com](http://thehomeplacecapecod.com)**

THE STORY SO FAR

## A QUICK RECAP

In March 2026 I was diagnosed with **Actinic Keratosis** — pre-cancerous hidden sun damage. Decades of Cape Cod summers, baby oil, and tanning beds had been quietly building under my skin. I had no idea.

My dermatologist prescribed **5% Efudex (Fluorouracil) chemo cream** — a topical chemotherapy treatment that targets and destroys damaged, pre-cancerous skin cells. Apply twice daily. For 28 days. Do not stop.



*The areas that react the most are the most damaged. That's how you know it's working.*

I documented every single day on Instagram. 162K followers watching in real time. **6.3 million views.** No script. No sponsorship. Just the truth.

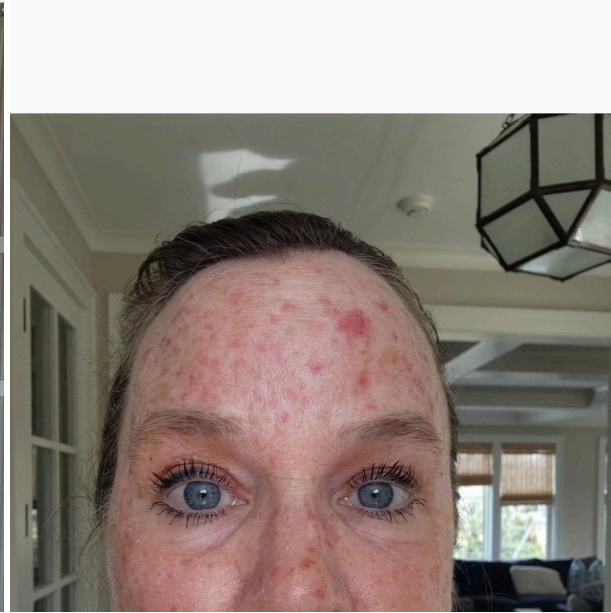
## THE 28-DAY JOURNEY

**IT STARTS QUIETLY.**

On Day 1 the chemo cream goes on white — and gets absorbed into the skin. You're smiling. Optimistic. How bad can this be? Your skin looks mostly normal. You wonder if it's even working. It is. Underneath the surface, damaged cells are being activated and targeted. You just can't see it yet.



DAY 1 · CHEMO CREAM APPLIED · NOTICE THE SMILE 😊



DAYS 5-9 · REDNESS BEGINS

By days 5-9 the first signs of reaction appear. Light redness. Slight blotchiness. Areas with the most sun damage start reacting first. Something is definitely happening.

WEEK 2-3

## THEN IT GETS REAL.

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By week two the reaction intensifies significantly. What started as mild redness becomes noticeable inflammation. Areas you never even questioned start reacting — revealing hidden damage you had no idea was there.



DAYS 10-14 · SPREADING



DAYS 15-21 · INTENSIFYING

Physically uncomfortable — itchy, stinging, burning. Emotionally vulnerable. The mirror is not your friend. This is the week most people want to stop.

**DON'T STOP. THIS IS IT WORKING.**

THE PEAK · DAYS 15-24

## THE MOST UNCOMFORTABLE DAYS.

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This is what maximum treatment looks like. Intense redness. Crusting. Scabbing. Raw patches. Your face is essentially an open wound. And the only products you can put on it are Vaseline and Aquaphor — slathered on to manage the relentless tightness, burning and itching.



DAYS 15-21 · PEAK



DAYS 22-24 · MOST INTENSE

Barbaric? Yes. Necessary? Absolutely. Every red, raw, uncomfortable area is a cell that was damaged and pre-cancerous — now being removed from your skin forever.

DURING ALL 28 DAYS

# THE ONLY PRODUCTS ON MY FACE

During all 28 days of Efudex treatment — and into the early days of healing — there were only two products I could put on my face.

## Vaseline. And Aquaphor.

THAT'S IT. NOTHING ELSE.

### VASELINE

Greasy. Melty. Deeply soothing with no sting. My go-to on the days Aquaphor felt too intense on the most raw areas.

### AQUAPHOR HEALING OINTMENT

Semi-occlusive barrier. Sealed in moisture. Protected raw areas. Some days perfect. Other days too stinging.

Both were critical. Both were **lifesavers**. Both were **face savers**. Both were my mental health life preservers on the days the mirror was not my friend.



DAYS 25-28 · THE END IS IN SIGHT

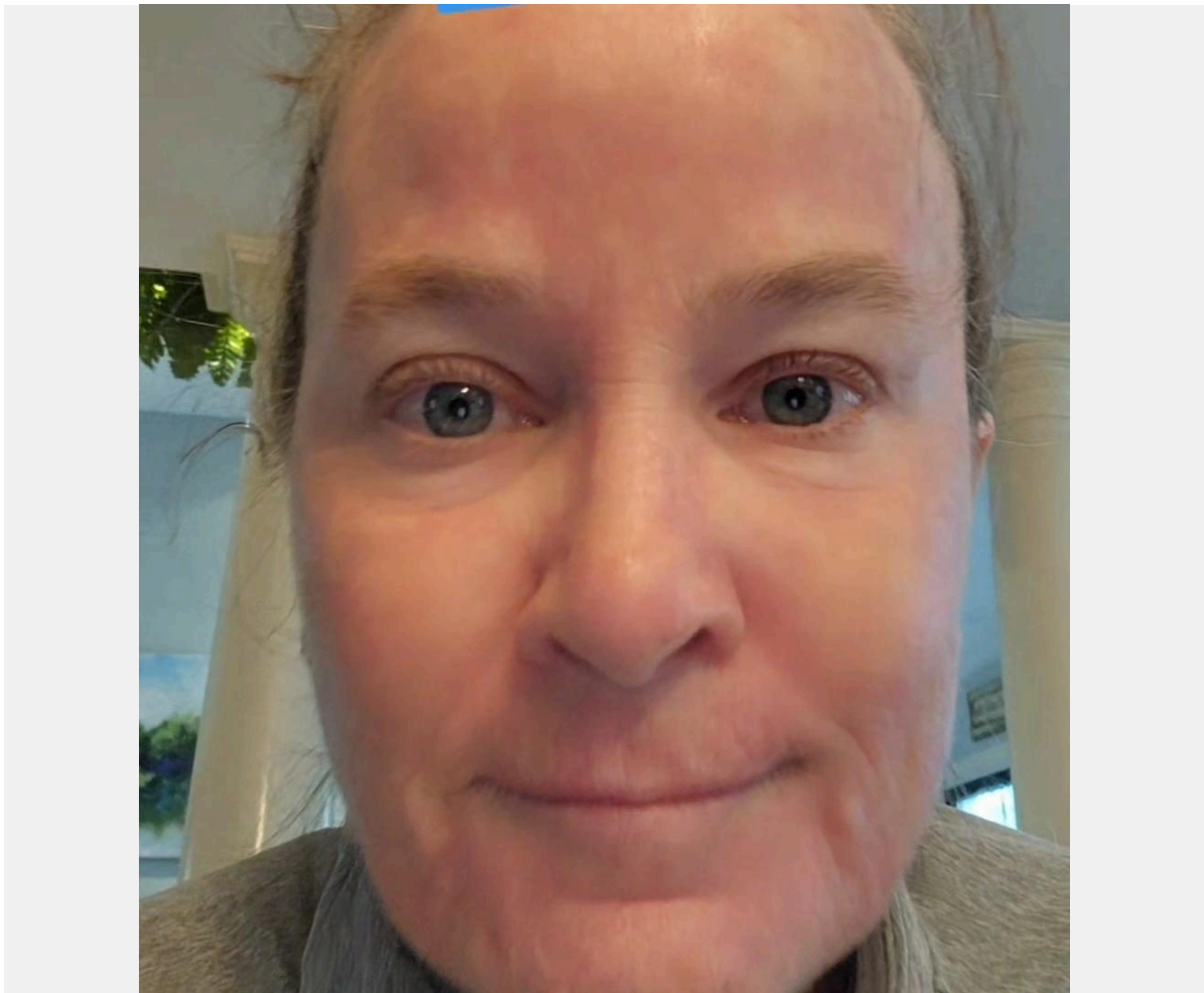
## THE FINISH LINE

**DAY 28.  
NOW HEAL.**

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When day 28 arrived my face was still a mess. Raw in places. Red everywhere. Tight and incredibly sensitive. But the treatment was done. The chemo cream had done its job. Every damaged cell had been addressed.

Now my only job was to heal. Vaseline and Aquaphor continued — applied lightly as the skin began to close.



EARLY HEALING · PINK · SENSITIVE · HOPEFUL

Something remarkable was about to happen.

WHAT NOBODY EXPECTED

## I HEALED FAST. REALLY FAST.

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Here is the part that genuinely shocked me. And my followers. And honestly — even my dermatologist was impressed.

PRIMARY HEALING COMPLETE

**10-14**

DAYS POST TREATMENT

Within 10 to 14 days — the raw areas had closed. The crusting had resolved. The inflammation had calmed. What remained was pink. Soft. Incredibly smooth.

My followers started calling it out immediately.

*"Your skin looks AMAZING."*

*"You look like you're aging backwards."*

*"What IS that glow?"*

**BABY BUTT SOFT SKIN. 😊**

AROUND DAY 38 POST TREATMENT

# A NEW FACE. A SECOND CHANCE.

Once all tender open areas were fully healed my skin was ready for something more. A new face. Begging for hydration. Ready for a second chance. I had been a **Neutrogena loyalist for over 30 years.** Every product brought to my dermatologist for approval first.

## MORNING — STEP 1

Neutrogena Hydro Boost Gentle Cleanser — clean without stripping

## MORNING — STEP 2

Vitamin C Serum — brightening, protective, antioxidant-rich

## MORNING — STEP 3

Hyaluronic Acid Serum — deep hydration for desperately thirsty skin

## MORNING — STEP 4 • NON-NEGOTIABLE

Neutrogena Hydro Boost Moisturizer SPF 50+ — every morning, rain or shine, forever

## EVENING

Neutrogena Hydro Boost Cleanser → Hyaluronic Acid Serum → ROC Retinol Night Cream

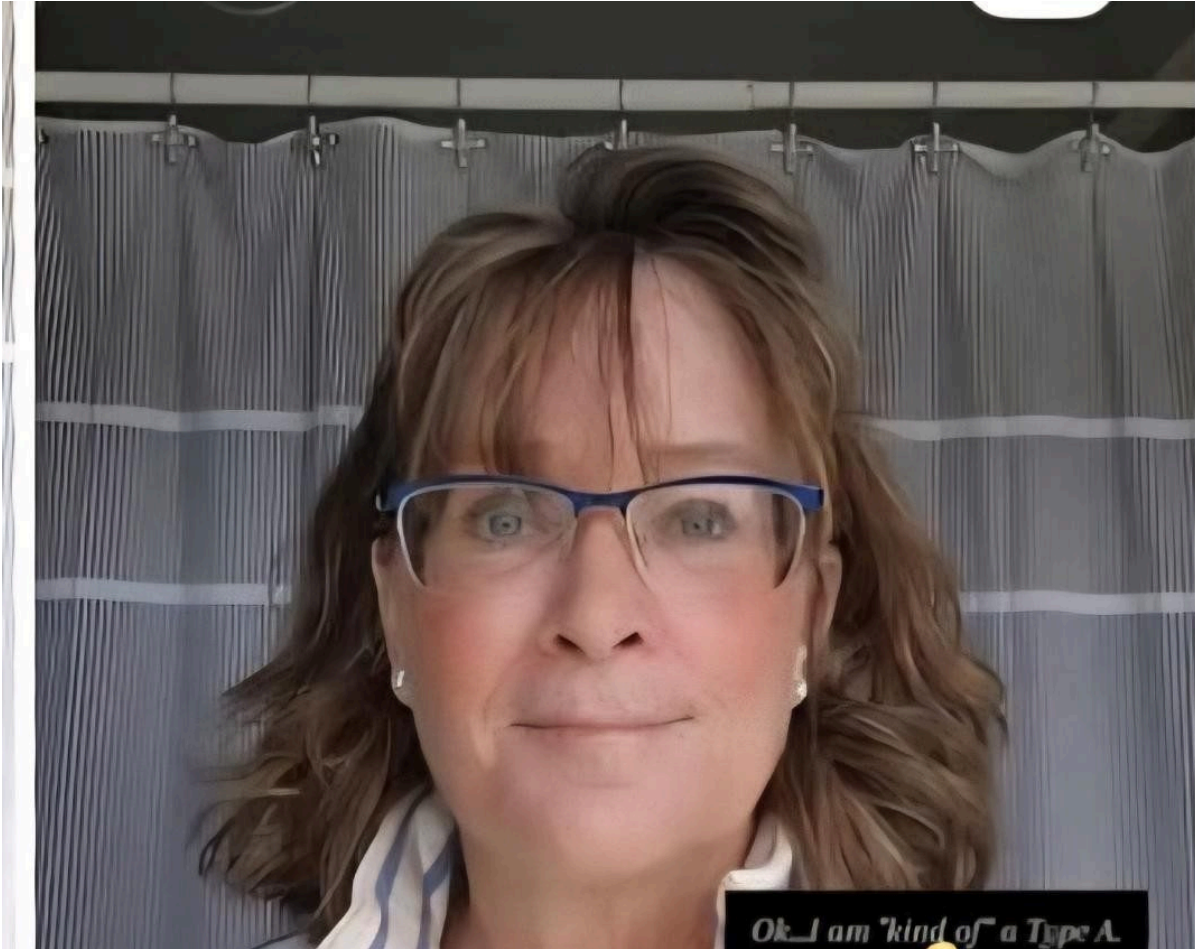
*All dermatologist approved. All tried and trusted. All earned.*

THE OTHER SIDE

## AGING BACKWARDS.

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The Efudex treatment removed decades of accumulated sun damage. What emerged was fresh, new skin. Smooth. Even. Soft. Glowing. Not a cosmetic treatment — a medical one. But beauty is a side effect.



FULLY HEALED · BABY BUTT SOFT SKIN · AGING BACKWARDS

**This is what staying the course looks like.**

AWARENESS NEEDS INFORMATION

# THE STATS THAT MATTER

**1 in 5**

Americans will develop skin cancer by age 70

**58M**

Americans have Actinic Keratosis — most don't know it

**9,500+**

people diagnosed with skin cancer every day in the US

**10%**

of untreated Actinic Keratoses can progress to skin cancer

**40%**

reduction in skin cancer risk with daily sunscreen use

**Gen X**

fastest growing rate of new skin cancer diagnoses of any generation

*These are not small numbers. This is not a small issue.*

TO ANYONE IN THE MIDDLE OF THIS

# STAY THE COURSE.

I know how it looks. I know how it feels. I know you want to stop.

## Don't.

*Because on the other side of 28 days of the most uncomfortable, barbaric, humbling treatment you will ever do —*

**Is baby butt soft skin.**

**Is a face that looks younger than it has in years.**

**Are followers telling you that you are aging backwards.**

**IT IS SO DOABLE. IT IS SO WORTH IT.**

MY ASK

# THREE THINGS I ASK OF YOU

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01

## GET YOUR SKIN CHECKED 🌞

Make the appointment this week. Not next month. This week. What is hiding under your skin could change everything.

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02

## WEAR YOUR SUNSCREEN 🌞

Every single day. SPF 30 minimum. SPF 50 preferred. Rain, shine, indoors, outdoors. No exceptions. Ever again.

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03

## SHARE THIS 🌞

Someone in your life needs to read it. A friend who hasn't had a skin check. A daughter who skips sunscreen. A Gen X friend who grew up on the beach. Sharing costs nothing. And it could save someone's skin.

FROM ME TO YOU

## A FINAL NOTE

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I want to take a moment to sincerely thank every single one of you for following me on this journey. Your kind words of encouragement, thoughtful comments, countless shares, questions and genuine interest meant more to me than I can fully express.

On the days that felt difficult — and there were many — your engagement and presence kept me going and reminded me why I chose to share this so openly. Because of you, this journey became something bigger than just my own.

*We don't know what we don't know.* My hope is that these two eBooks reach more people, spark awareness and help others take proactive steps to protect their skin and their health.

If this story resonated with you — please share it with someone you love. Sharing this costs nothing. And it could save someone's skin.

**GET YOUR SKIN CHECKED.** 🌞

**WEAR YOUR SUNSCREEN.** 🌞

**KO** ❤️

**IMPORTANT****MEDICAL DISCLAIMER**

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The information provided in this eBook is for educational and informational purposes only and is based on my personal experience using 5% Fluorouracil (Efudex) to address sun-related skin damage. I am not a dermatologist, physician, or licensed medical professional, and nothing in this guide should be interpreted as medical advice, diagnosis or treatment.

This content is intended to raise awareness about the importance of sun protection, regular skin monitoring and early detection of potential skin concerns. It is also intended to share my personal journey in order to educate and encourage others to take proactive steps in consulting qualified healthcare providers regarding their own skin health.

Always seek the advice of your physician, dermatologist or other qualified healthcare provider with any questions you may have regarding a medical condition, treatment options, or before starting any new treatment. Never disregard professional medical advice or delay seeking it because of something you have read in this eBook.

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*The journey is complete. The skin has healed. The story made a difference.*

**GET YOUR SKIN CHECKED** 🌻  
**WEAR YOUR SUNSCREEN** 🌻

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