

## Photodynamic Therapy (PDT) Care Instructions:

### Pre-Care Instructions for Photodynamic Therapy (Blue Light):

1. Stop using Retin-A, Tazorac, Differin, Glycolic cleansers, and/or acne products approximately 1 week prior to treatment.
2. Discontinue photosensitizing medications such as NSAIDS (Motrin, Ibuprofen, Advil, and Naproxen) or other herbal supplements such as St. John's Wort. *Please consult with your prescribing physician first.* If you are unable to discontinue the medication, please discuss with this with our provider that recommended your treatment.
3. Notify your office if you have a history of cold sores (herpes simplex virus). You may be given a prescription for an oral antiviral to begin the morning of your treatment.
4. Begin washing your face with a mild cleanser such as Cetaphil cleanser daily at least 1 week prior to treatment.
5. Purchase a facial moisturizer and sunscreen with zinc oxide and/or titanium dioxide.
6. For men having treatment performed on their face, please shave your face the day prior to the treatment. Following the treatment, please refrain from shaving with a razor blade for approximately 5-7 days post treatment.
7. You **MUST** avoid sun exposure for *at least 24 hours prior to treatment*.

### Day of Treatment Instructions:

1. Do not wear makeup, sunscreen, lotions, or apply medications to the areas to be treated.
2. If applicable, bring a wide-brimmed hat if you are having your face and/or scalp treated.
3. If applicable, bring a long-sleeve shirt if you are having your arms treated.
4. If applicable, bring a high-neck shirt if you are having your chest treated.
5. Plan to be in the office for approximately 2 to 4 hours, depending on the treatment time ordered by your physician and the site being treated. We suggest bringing some reading materials, a light snack, and/or something to drink. The office does offer free WIFI to our patients.

### What to Expect Day of Treatment:

- **Treatment Step 1: Application of Levulan Kerastick Topical Solution:**
  - Your skin will be washed with dial soap then wiped with acetone to remove any residual oil and/or dirt to ensure even absorption of the Levulan.
  - Levulan, a topical agent, will be uniformly applied to the treatment area.
  - You will wait the recommended time (ranging from 60 to 180+ minutes in the office waiting room) in order for the agent to penetrate the targeted cells. We ask that you do not leave the building during this time to avoid sun exposure.
  - You will then return to the treatment room for the second part of the procedure, which includes illuminating your treated lesions with the blue light.
- **Treatment Step 2: Blue Light Treatment**
  - Your treatment with the blue light will take approximately 17 minutes.
  - You will likely experience some stinging and/or burning during your treatment, but this should subside within 24 hours after the procedure.

### Post-Care Instructions for Photodynamic Therapy (Blue Light):

1. On the first day of treatment **after treatment**, **WASH TREATED AREA WITH A GENTLE CLEANSER AND PAT DRY.**
2. You **MUST** remain indoors and avoid direct sunlight for the first 48 hours after treatment. Brief car trips are permissible with mandatory application of sunscreen with Titanium Dioxide or Zinc Oxide. You must also avoid artificial lights, such as fluorescent lights, as this may cause irritation of the treated areas.
3. Redness, scaling, and slight swelling are common symptoms immediately following treatment. Itching and mild to moderate pain may occur. This period is often described as an intense sunburn-like reaction.
4. Take an analgesics, such as Tylenol or Advil, if necessary for discomfort. Refrain from taking either of these medications if allergic or otherwise instructed to avoid by physician for other underlying conditions.
5. Your skin will feel dry; therefore, keep area moisturized consistently with Vaseline, Aquaphor ointment, or other recommended unscented moisturizers.
6. Avoid excessive heat for 2 days (48 hours) status post treatment and avoid activities that will heat up your skin such as going in hot tubs, saunas, or engaging in strenuous activities.

#### Day 2:

1. Continue to wash treated area with a gentle cleanser, such as a Cetaphil gentle cleanser, and keep treated area moisturized.
2. You may continue to take analgesic, such as Tylenol and Advil, if needed unless otherwise instructed by your provider. Most discomfort should subside by day 3.
3. You should continue to avoid sunlight and try to remain indoors for at least 2 days after treatment. The photosensitivity to sunlight is usually gone after 24 hours after treatment but may persist as long as 48 hours.
4. To help alleviate burning and help soothe the skin, you may treat the areas with vinegar soaks: 1 tsp of white vinegar in 1 cup of cold water for 20 minutes every 4-6 hours; use a washcloth or gauze as compress. Ice may be applied directly over the vinegar soaks or by itself.

#### Day 3-7:

1. You may begin applying make-up and/or shave once any crusting has healed. **Redness and peeling may last up to 2 weeks.**
2. The skin will feel dry and tightened. Moisturize to help alleviate discomfort.
3. Continue applying daily facial moisturizer with SPF 30 to all treated areas every morning. Reapply every 90 minutes.
4. Do not resume acne products, salicylic acid or glycolic acid products, and/or retinoids until redness and irritation has subsided.
5. Try to avoid direct sunlight for 2 weeks after procedure.

The treated area(s) may be pink/red for 4-6 weeks following the treatment. The treated area(s) will continue to improve over the next 6-8 weeks Follow up with your provider as scheduled to evaluate the treated area unless a concern arises sooner.

Should you experience severe burning, crusting, or oozing, please contact the number as listed below.

**If you have any questions and/or problems, please the office where your treatment was performed at (\_\_\_\_)\_\_\_\_\_ - \_\_\_\_\_.**