



PHOTODYNAMIC THERAPY (PDT) TREATMENT INSTRUCTIONS

BEFORE TREATMENT

- Stop all Retinoids, Retinols, glycolics, bleaching creams, and exfoliants 3 days prior to treatment.
- Avoid tanning or self-tanners for 3 days prior to treatment.
- Do not shave the areas to be treated the day of the procedure.
- If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication.

AFTER TREATMENT

- Strict sun avoidance is necessary for 40 hours. You must remain indoors and avoid direct sunlight. Cover the treated area with clothing or a hat from the time you leave the office until returning home even while in the car. Sunscreen will not protect you during the first 40 hours.
- You may have a sunburn sensation with associated tenderness, redness, swelling, and crusting. Take Tylenol or Advil as necessary. Some people find ice packs and cool fans to be soothing. Redness and swelling can occur for 7 days. For most patients the treated areas return to normal by day 10.
- Vinegar soaks can be useful and can help sooth any discomfort. Soak the areas with a solution of 1 tablespoon of white vinegar in 2 cups of water for 20 minutes. Ice can be applied directly over the soaks. You may soak several times a day.
- Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously.
- Apply Aquaphor or other post-procedure cream (if discussed) every 4-6 hours. Makeup can be applied if the skin is not broken.
- Try to avoid shaving the treated areas until healed.
- Elevate your head on two pillows while sleeping to reduce swelling.
- Avoid irritants, such as Retin-A, Retinol, Differin, Tazorac, glycolics, bleaching creams, and exfoliants. Keep skin moisturized with a gentle moisturizer or post-procedure cream until healed.
- Avoid chemical peels, facials, and microdermabrasion. Apply sunblock containing zinc oxide or titanium dioxide every morning. Reapply every 2 hours during outdoor activities. Wear a hat when possible.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 906-2788.