Photodynamic Treatment (PDT) Instructions

Pre-Treatment

• **DO** block out time in your schedule for about a 1-3 hour appointment.
• **DO NOT** undergo this treatment if you have been diagnosed with photosensitizing conditions such as lupus, or take any medications such as antibiotics, diabetic medications, or diuretics (water pills).
• **DO NOT** shave the area to be treated on the day of the procedure, as this can sensitize the skin.
• **DO** expect that a medication called Levulan or Allumera will be applied to your face in the office for 1-2 hours prior to undergoing the light treatment.
• **DO** bring a book, magazine, an iPAD, or iPOD for use during this waiting period and the treatment.
• **DO** bring a large hat and sunglasses with you to use after treatment.
• If you have a history of cold sores, **DO** please let the nurse or physician know as you may need an oral anti-viral medication.

Post-Treatment

• **DO** expect after the treatment you will have tingling and burning similar to a bad sunburn.
• **ABSOLUTELY do NOT** go in the sun for 48 hours after treatment. This includes staying away from skylights or bright windows.
• **DO** cool the skin with icepacks as needed and take ibuprofen (Motrin) for any pain and swelling.
• **DO** use topical cortisone if given by physician twice a day after treatment for swelling.
• **DO** use Biatine or Cetaphil Cream (if you are acne prone) or other post procedure cream as recommended to keep the skin moist and to reduce tightness and peeling.
• **DO** wash your face with a gentle cleanser (Cetaphil, CeraVe), and wear makeup if the skin is not broken or crusted.
• **DO NOT** pick, scrub, or shave until the skin is back to normal.
• **DO** use a sunscreen with titanium dioxide or zinc oxide daily. If it stings too much, just wear a large hat until the skin can tolerate sunscreen.
• **Do NOT** use retinols such as Retin-A, Differin, Tazorac, or Tretinoin for 1 week after PDT treatment.
• **Do NOT** undergo procedures such as peels, facials, and microdermabrasion for 2 weeks.
• **Do expect** redness, scaling, swelling that may last for a few weeks.

Follow-up Treatment

Consistency of treatment is key. For acne or sun damaged skin, three to four sessions spaced about 3-4 weeks apart is usually recommended.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.