

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 Biafine 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.