



POST-PHOTODYNAMIC THERAPY (PDT) INSTRUCTIONS

Days 1-2: Stay indoors immediately following your treatment. Avoid exposure to the sun and bright indoor light for 48 hours. Wear heavy clothing over areas treated (a wide-brimmed hat for face) on the way home.

1. If you have any discomfort, begin applying cool compresses, while gently patting the treated areas. This will help keep the area cool and alleviate any discomfort as well as reduce any swelling down. Apply gentle moisturizing lotion or cream often.
2. Swelling will be most evident around the eyes, if it occurs, and is usually more prominent in the morning; it can last for a number of days.
3. Avoid direct sunlight as well as bright indoor lights. Turn down brightness of electronic devices. The photosensitivity to extra light will last 48 hours.
4. You must use a potent sunscreen SPF 30+ with Zinc Oxide and/or Titanium Dioxide but this does not block the blue wavelength so please stay out of light for 48 hours.
5. If you have pain, please take any OTC pain management that you would normally take.
6. Apply OTC topical Hydrocortisone 1% lotion or ointment to reduce stinging and burning. This can be purchased over-the-counter.
7. Shower as desired. Okay to wear make-up as soon as you wish.
8. If you have no medical reason to avoid antihistamines, you may take an oral antihistamine for the first few nights to reduce swelling and help you rest.

Days 3-7:

1. Try to avoid direct sunlight for two weeks to protect your newly rejuvenated skin by wearing sunscreen, hats, and/or sunprotective clothing.
2. Most patients have completed the healing after 7 days. On occasion, the skin may be pink for up to 4 weeks and this fades gradually over time.
3. The skin will feel dry and tight. A good moisturizer and SPF should be used daily.
4. If multiple treatments were recommended, you may have your next treatment as early as 4 weeks from the last.