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Pre & Post Instruction for Photodynamic Therapy (PDT) Treatment

Pre Procedure:

- *Before arriving, please have the area that is being treated clean and free of any topical medications, moisturizers or sunscreens.*
- *Expect to be in the office for at least 3 hours. Please feel free to bring a book, music, snacks, 2-3 hours for the medication to absorb. You will then be exposed to the Blu Light for 15-20 minutes. This is a relatively uncomfortable procedure.*
- *Please have available at home:*
 - *Ice packs or cool compresses*
 - *Over the counter hydrocortisone cream 1%*
 - *Aquaphor or Vaseline ointment*
 - *Tylenol, Advil or OTC analgesic (Vicodin may be prescribed if needed)*
 - *Aloe Vera*
- *If you have a history of cold sores, please start taking your medication prophylactically 1-2 days before your appointment.*

Post Treatment Care:

- *Avoid sun exposure for at least 48 hours after treatment and avoid prolonged sun exposure for up to 4 weeks after treatment. Should you need to go out in the sun, wear a wide brimmed hat to cover the face and long sleeves if the arms were treated. Wear sun block with an SPF of 30 or higher and one that contains ingredients such as zinc oxide or helioplex.*
- *Comfort measures:*
 - *Use ice packs/cool compresses as needed for swelling*
 - *Take an OTC analgesic as needed for discomfort (Tylenol, Advil, etc.)*
- *You may still be a little red and swollen for the first week.*
- *Peeling may start around day 3 or 4. Do not peel pff loose tissue, let it come off naturally.*
- *Use a gentle cleanser followed by Aquaphor, moisturizer, and a chemical free sun block daily. The Aquaphor can be applied 3-4 times per day*
- *You may begin applying makeup once the crusting has healed.*

Should you experience any of the following, please call our office at 805-379-3376:

- *Severe pain*
- *Open, weeping skin*
- *Blisters*
- *Temperature above 100.5*