

## Levulan<sup>®</sup> Photodynamic Therapy (PDT) - BLU-U Blue Light PDT

After your Photodynamic Therapy (PDT) treatment, your skin will feel warm to touch and sting, similar to having a sunburn. You may also experience redness, skin tenderness, dark spots and swelling. This is a normal reaction. The stinging sensation begins during the treatment and may last up to 24 - 48 hours. Your skin will then feel somewhat dry and rough, and may appear a bit darker over the next 7 days. The remaining skin changes typically resolve over a 7 to 10 day period.

Please plan on spending between two to three hours at our office for your treatment: degreasing of treatment area, application of medicine, incubation period (1 1/2 -2 hours), time in Blue Light (approximately 17 minutes), skin cleaning and sunscreen application. Complimentary Wi-Fi is available in our office. Upon completion of your Photodynamic Therapy treatment, it is imperative that you follow the guidelines given below.

### Prior to Treatment & Preparation

- Notify our office if you have a history of recurrent cold sores or take medications that make you more sensitive to sunlight.
- If you have a history of recurring cold sores (Herpes simplex virus), we will prescribe you prophylactic Valtrex or another oral antiviral to begin the morning of your treatment.
- If you are having your face or scalp treated, please be sure to bring a wide-brimmed hat and sunglasses to help block the sun on your trip home following treatment.
- Have white vinegar and a small spray bottle of water available to help reduce any stinging sensation that you might experience following treatment. Mix 1 tablespoon white vinegar with 16oz of cool water in a small spray bottle of water. (You may also simply apply gauze soaked in the diluted white vinegar as well).
- If possible, try to arrive without make-up.
- Notify our office if you are on blood thinners, as these may result in a more exuberant response (increased swelling, crusting, bleeding).
- Please notify our office if you have a history of porphyria.
- Men should shave their face the morning of the procedure and have their hair trimmed short in all treatment areas.

### Home Care on the Day of Treatment

- If you have a history of recurring cold sores (Herpes simplex virus), be sure to take the prophylactic antiviral medication on the morning of your treatment and to complete the course as prescribed
- It is expected that your skin will become pink to markedly red.
- Cool vinegar soaks may be applied to reduce the burning sensation and to reduce the possibility of infection.
  - Mix 1 tablespoon white vinegar with 16oz (2 cups) of cool water.
  - Using a soft cloth or gauze, soak the treatment site for 15 minutes with the diluted vinegar solution.
  - You may also spray the treatment areas with a small spray bottle with white vinegar that's kept cool in the refrigerator (approximately 1 tablespoon white vinegar in a 16oz bottle or 1 1/2 teaspoons in an 8oz bottle). 1 cup = 8oz. 2 cups = 16oz. 1 tablespoon = 3 teaspoons.
  - Always pat dry your skin and please avoid rubbing and picking your skin.

## Home Care on the Day of Treatment (continued)

- Additionally, you may begin applying ice packs to the treated areas. This will help keep the area cool, alleviate any discomfort and minimize swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
- To help soothe your skin, Aquaphor healing ointment may be applied throughout the day.
- Remain indoors if possible and avoid direct and indirect sunlight and direct very bright indoor light for 48 hours.
- Elevate your head on two pillows when sleeping to reduce swelling.
- You may take analgesics such as Tylenol<sup>®</sup>, Advil<sup>®</sup>, Motrin<sup>®</sup> as directed, if necessary.

## Home Care on Day 2

- Continue to apply ice packs as needed to alleviate discomfort and swelling. You may take a shower. You may take analgesics. Any discomfort usually subsides by Day 3.
- You should avoid sunlight and try to remain indoors on Day 2. The photosensitivity to sunlight is usually gone 24 hours after treatment, but may last as long as 48 hours.
- You should continue to soak the treated areas for 5- 10 minutes with the diluted white vinegar and water solution or use the spray bottle. Ice may be applied directly over the vinegar soaks. The area should be patted dry. Always pat dry your skin and please avoid rubbing and picking your skin.
- Continue to moisturize your skin with Aquaphor or a Post-Procedure Moisturizer (i.e.: Neocutis BioCream).

## Home Care on Days 3 – 7

- Many patients may start peeling on day 4. Please avoid peeling off loose tissue, let it come off naturally.
- The area may be pink to red for 4-6 weeks, but ultimately often looks rejuvenated.
- The skin will feel dry and tightened. A good moisturizer with broad-spectrum sunscreen should be used daily (ie: Post Procedure Face Moisturizer with Sunscreen: EltaMD UV Daily SPF 40).
- Try to avoid direct sunlight for two weeks. Use a broad-spectrum sunscreen with a minimum SPF 30 (ie: EltaMD UV Daily SPF 40) for four months and going forward.
- Continue to moisturize your skin. At this time you may prefer to use a less greasy moisturizer (in place of Aquaphor) such as a Post-Procedure Moisturizer (i.e.: Neocutis BioCream) or other facial creams or lotions (i.e.: Cetaphil or CeraVe).
- You may use make-up, once all crusting is resolved and no open sores are present.
- Men may typically shave with an electric razor after day three, or a use standard razor blade after day 5.
- Upon completion of your healing, we recommend you begin a daily skin care regimen with a facial moisturizer with sunscreen that fits your lifestyle (i.e.: EltaMD UV Daily SPF 40 for dryer skin or EltaMD UV Clear SPF 46 for a lighter facial sunscreen and those with rosacea or redness).
- If you have any problems or concerns, or experience severe pain or fever over 100.5°, please do not hesitate to call our office. We want to assist you!