

PHOTODYNAMIC THERAPY (PDT)

AFTERCARE INSTRUCTIONS

After Photodynamic Therapy, you can expect sunburn-like symptoms such as redness, tenderness, swelling, peeling, and burning of the treated area that may last up to a week. These side effects can range from mild stinging and dryness to intense swelling and redness.

The side effects INCREASE DRAMATICALLY with ANY SUN EXPOSURE, including indirect exposure (UV light from windows, fluorescent lighting).

Post Treatment Instructions:

1. Avoid ALL UV exposure for 48 hours. You should plan to go home immediately after treatment and stay indoors for 48 hours.
2. Keep the treated area well moisturized. Apply a gentle moisturizer 2-3 times daily. If your skin feels tight, this is a sign to reapply.
3. Avoid the use of glycolic acid, exfoliation products, retinoids, anti-aging products and/or acne treatments for 14 days after treatment.
4. To keep treated area clean, wash with a gentle cleanser, like Vanicream Gentle Cleanser.
5. To help with redness/irritation or discomfort:
 - Combine 1 part white vinegar to 4 parts water
 - Soak clean, cotton wash cloth in vinegar/water solution and place on treated area for 5-10 minutes. Pat area dry.
 - Apply gentle moisturizer
 - Continue 1-2 times daily for 1 week
6. You can shower regularly and may wear makeup after treatment.
7. A sunburn-like response is normal and expected. Symptoms vary depending on underlying sun damage and can be mild (light sunburn) to more severe (red sunburn, swelling, peeling, scabbing and discomfort).
8. If you have a history of cold sores, take prescribed medication as directed.