



## Care Instructions For Photodynamic Therapy

### Two weeks Prior to Treatment:

1. Stop all acne products and retinoids.
2. If you take Amiodarone, please notify our office.
3. If you have a tendency to get cold sores, please notify our office.
4. You must avoid sun exposure (including fake tanning supplies and tanning beds).

### Day of Treatment:

1. Bring a hat, sunglasses and/or sun protective clothing to cover area(s) to be treated. Wear long sleeves if your arms are to be treated.
2. You **MUST** remain indoors and avoid direct sunlight. Brief car trips are permissible with mandatory sun block.
3. Take Tylenol or Advil for any discomfort if necessary.
4. Apply Aquaphor/Vaseline ointment after treatment as needed.
5. You can apply frozen bags of peas or ice packs to the area to help with any swelling or discomfort.
6. Elevate your head on two pillows while sleeping to reduce swelling.

### Day 2:

1. You may take a shower. Do not shave if your skin is irritated.
2. Wash only with mild cleanser like Cetaphil Gentle Skin Cleanser. Pat area gently to dry.
3. You may take Tylenol or Advil. Any discomfort usually subsides by day 3.
4. Avoid sunlight and try to remain indoors on Day 2. You need to avoid sunlight for 40 hours after treatment. This includes sunlight through windows.

### Day 3-7:

1. Redness and peeling is usually gone in 3-5 days, but may last up to 2 weeks.
2. Skin may feel dry and tightened. Do not scratch, pick or rub areas. Use Aquaphor/Vaseline ointment to moisturize as needed.
3. Do not resume acne products, retinoids, or glycolics until redness and irritation have subsided.
4. **Apply SUNBLOCK containing zinc oxide or titanium dioxide every morning.** Reapply every 90 minutes during outdoor activity.
5. If blistering or crusting should occur, soak the areas with solution of 1 teaspoon white vinegar in 1 cup ice water for 20 minutes. Ice can be applied directly over the soaks. After the soaks, pat dry and apply calming cream. This can be done every 4-6 hours.

If you have any problems, please call our office:  
(573) 556-7719