

PATIENT INSTRUCTIONS FOR PHOTODYNAMIC THERAPY

PREPARATION

- After your treatment you will need to stay out of direct sun for at least one to two days and avoid prolonged sun exposure for at least three to four weeks.
- If you are having your face treated, be sure to bring a large hat or something to block the sun on your trip home following your treatment.
- Have white vinegar available which can help reduce any stinging sensation (similar to a sun burn) you may experience post treatment.
- If you have a history of cold sores and have a prescription to treat or limit outbreaks be sure to have it filled just in case.
- If you have friends doing the same treatment, it is helpful to socialize together following your treatment.
- Have a good book or movies on hand to enjoy after your treatment.

DAY OF TREATMENT

- If you have a history of recurring cold sores (herpes simplex type 1). Starting the morning of your treatment start oral Valtrex 500mg tablets, two tablets per day for three days.
- Bring a large hat, cap, scarf, or umbrella to your appointment.
- When you arrive, the area to be treated will be thoroughly cleaned and prepped for the medication application.
- The medication will be applied and left on until the agreed upon time for the light treatment. This is good time to take an analgesic such as Advil or Tylenol.
- Once the light treatment is finished you may appear pink or red. Sun block and/or o moisturizer will be applied before you leave the office. You will feel dry for a few days so apply the moisturizer as often as you like.
- **Remain indoors and avoid direct sunlight as much as possible.** Avoid sitting near an uncovered window during daylight hours.
- Take analgesics as necessary.
- Keep a spray bottle filled with water in the refrigerator to use to cool the treated area as needed.
- If the treated area stings, add 1 tablespoon of white vinegar to 1 cup of cold water and soak the affected area for 20 minutes. You may apply frozen vegetables or ice packs over the soak for additional comfort. Repeat if necessary every 4 hours. Be sure to cleanse the area and reapply moisturizer after cleansing.
- You may apply hydrocortisone 1% or Vaseline at night. Your skin will feel dry, keep it moisturized.

DAY 2

- You should be red and look a little like a tomato.
- You may be swollen especially around the eyes and lips. Spraying cold water and using a circulating fan feels great. Frozen peas or corn over wet wash cloths can be used if necessary to reduce the swelling and improve comfort.
- Continue to use moisturizer.
- If the treated area itches, apply a thin layer of hydrocortisone 1% ointment. Do not scratch the treated area.
- You may shower and gently cleanse the treated area.
- Take analgesics as necessary.
- Avoid sunlight and remain indoors. The photosensitivity to sunlight is usually gone 24 hours after treatment, but may last as long as 48 hours.

DAY 3-7

- You may start peeling on day three. Do not peel off loose tissue, let it come off naturally. Most patients start peeling on day four.
- Your skin may feel dry and tightened. Use a good moisturizer daily.
- Once you start aggressively peeling you may steam the treated area at home. This helps gently lift dead skin off and leaves your new skin soft and hydrated.
- You may begin applying makeup once crusting has healed.
- The treated area may continue to flake a little or be slightly red for an additional week.
- Try to avoid direct sunlight for one week. Use a sunscreen with minimum SPF 30 when going outdoors.

If at any time during your recovery you have problems or concerns please call the office. We will be happy to assist you.