

# SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

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## Post Procedure Instructions: **Photodynamic Therapy (PDT)**

A sunburn-like effect is normal for 2-3 days and can last for up to 5-7 days. This can mean anything from being light pink to a swollen, red, itchy sunburn. Peeling may begin on day 3 or 4. Make sure you **DO NOT** pick. Crusting may occur where there was sun damage and/or actinic keratoses.

Swelling, peeling, crusting and discomfort may also occur. Some patients may have an exuberant response to PDT and experience a much more severe sunburn-like effect.

### AFTER PROCEDURE:

- Stay out of direct AND indirect sunlight for 24-48 hours. Use a good SPF-30 sunblock daily containing zinc and/or titanium dioxide. You should plan to stay indoors for 2 days and avoid sunlight through window glass including cars, office and home.
- Keep the treated area clean so there is no risk of infection. Wash with a mild cleanser twice daily.
- Apply a moisturizer as often as needed.
- If use of a pain reliever is necessary, ibuprofen or acetaminophen may be taken as directed every 4-6 hours.
- Keep 100% pure aloe gel in the refrigerator for extra soothing effect.
- Use ice or cold packs to keep down the swelling.
- You can use over-the-counter Hydrocortisone 0.1% for redness or tenderness.
- Avoid any acne regimen or topical irritants such as Retin-A, glycolic or salicylic acids until your skin is no longer peeling, flaking or red.
- If blisters form, use an ointment such as Aquaphor at least twice a day and notify the office.
- If the treated area is stinging, soak the area with 1 tablespoon white vinegar in 1 cup of cold water. Use a washcloth to create a compress for 20 min. 4-6 times per day. You may also use ice packs over the compress for additional comfort. Keep the solution out of the eye area.
- Make-up application may begin after any crusting or scabs are gone and it is comfortable to apply.
- Call our office if you have any questions or concerns.

*We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.*

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