

Preparing For Photodynamic Therapy

- You should be prepared to **STRICTLY** avoid sunlight for 48-72 hours following treatment. Sun exposure can result in stinging and/or burning and may cause redness, swelling and blister formation. Although these symptoms are common with PDT, they will more severe with sun exposure.
- This appointment will take approximately 1 ½ hours. We will prepare the area for treatment then apply the Levulan (the medication that will be activated by the Blu-U light for treatment of pre-cancerous lesions). You will sit for 1 hour with the medication on the treatment area, then sit under the Blu-U light for approximately 16 minutes.
- For treatment on the face and/or scalp, we advise you to bring a wide brimmed hat to protect against sun exposure as you travel home. For treatment on the arms, you may bring a jacket or long-sleeved shirt to cover your arms to protect against sun exposure as you travel home.
- Burning and/or Stinging, which may be severe, can last up to 24-48 hours following treatment. We will give you an informational sheet with suggested at- home treatments to help with these symptoms, should they occur.
- Scaling and/or crusting may last up to 4 weeks after your PDT treatment.
- This procedure will be billed to your insurance company, as we are treating pre-cancerous lesions.

PHOTODYNAMIC THERAPY (PDT)
RECOMMENDATIONS FOR POST-TREATMENT CARE

Tips for post-treatment care:

- **Avoid sunlight or *BRIGHT* indoor lighting for the next 48-72 hours**
If you *MUST* go outside, wear a hat if face and/or scalp were treated
and long sleeves if arms and/or chest were treated.
- **Keep skin well moisturized. Apply Aquaphor Healing Ointment**
- **Use cool compresses as needed for swelling**
- **Tylenol or Advil may be taken, according to the manufacturers' recommendation**

Vinegar Soaks:

- **Mix one gallon distilled water with one cup of distilled white vinegar.**
Refrigerate mixture.
- **Soak affected area 2-3 times per day for 5-10 minutes.**
- **Apply Aquaphor healing ointment after each soak, until area is completely healed.**

After treatment you may experience one or more of the following. Please be advised these are *normal* symptoms after the PDT. These effects usually resolve within 5-7 days post-treatment and will be completely resolved in 2-4 weeks.

- **Peeling/flaking of the skin**
- **Redness**
- **Dark spots**
- **Swelling**
- **Tenderness**
- **Blistering**
- **Stinging/Burning/Tingling**

If you have any questions or concerns, you may reach our office at 233-7351