



Photo Dynamic Therapy Post Treatment Care

Post treatment care:

1. Avoid sunlight or bright indoor lighting for the next 48 hours. This includes bright windows, fluorescent and incandescent lighting. Limit time at computer screen, exercise caution with prolonged TV exposure and sit >10 feet from TV.
2. If you must go outdoors during the first 48 hours post treatment, use a thick coat of sun blocking agents containing ingredients such as zinc oxide to treated areas. You may reapply every 2 hours to provide maximal coverage. Protect the head, face, ears, and neck by wearing a wide-brimmed hat or similar head covering of light, opaque material. Wear long sleeves and pants if extremities are treated. Light weight gloves should be worn to cover backs of treated hands.
3. Keep skin well moisturized with gentle cleansers and moisturizers such as CeraVe Gentle Cleanser and Aquaphor healing ointment. Avoid all products that may irritate or exfoliate.
4. Use cool compresses or ice packs as needed for swelling or itching.
5. Tylenol or Advil may be taken according to the manufacturer's recommendations for tenderness or discomfort.
6. Daily use of SPF 30 sunscreen is recommended. Examples of acceptable sunblocks are Neutrogena Broad Spectrum or sunscreens with zinc oxide or titanium oxide.

After treatment, you may experience the following:

1. Peeling or flaking of the skin
2. Redness
3. Dark spots
4. Swelling
5. Stinging/burning- usually lasts 24 hours
6. Tenderness
7. Oozing

These effects usually resolve in 5-7 days and should be resolved in 3-4 weeks.

If you experience the following, please call your care provider:

1. Severe pain
2. Open, weeping skin
3. Blisters
4. Temperature > 100.5

Note: Follow up with Physician/Technician approximately 6 weeks post treatment.