

## Comprehensive Dermatology Group

### Home Care following PDT Treatment (post treatment information)

#### DAY OF TREATMENT

1. Please do not wear sunscreen, moisturizers or lotions to the treatment
2. Bring to treatment the following: Hat \_\_\_\_\_ Bandana or scarf \_\_\_\_\_  
Long sleeved shirt \_\_\_\_\_ gloves \_\_\_\_\_
3. Men, please shave beard, scalp, arms or chest if that area is being treated.

#### FOLLOWING TREATMENT:

1. Please take a shower in cool water after returning home from treatment. Use a mild soap or just rinse the treated area to remove all Levulan.
2. Begin applying ice packs or frozen peas to treated area. This will help keep the area cool and reduce discomfort, as well as keep down swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
3. Remain indoors and avoid direct sunlight (sitting in the shade next to a window or riding in a car for the first 48 hours). You may go outdoors after complete sunset. If you have an emergency and have to go out during the day—please wear a broad brimmed hat or appropriate clothing to cover and protect the treated area.
4. Spray on cooled filtered water frequently.
5. Take analgesics such as Motrin, Advil or Tylenol if necessary to reduce discomfort, but remember to eat when taking these medications.
6. Take an antihistamine pill (over the counter Claritin etc) for edema
7. Apply over the counter Hydrocortisone ointment 1% if itching occurs.

#### DAY 2 – 7:

1. Minimize sun exposure by wearing a hat or protective clothing.
2. Continue to take pain medications as needed and apply ice packs as need to alleviate discomfort and swelling. The discomfort usually subsides between 48-72 hours following treatment.
3. If blisters form, you should soak the treated area with a solution of 1 tsp white vinegar in one cup of cold water. Ice should be applied directly over vinegar soaks. After soaking and applying ice for approximately 20 min., the area should be patted dry and Vaseline or aquaphor applied. Follow this procedure every 4 – 6 hours during your waking hours. If the blisters break, follow the above procedure but use polysporin to prevent infection.
4. Apply frequently aquaphor or other products available for purchase from our office.

#### DAY 7 +

1. You may begin wearing make-up once any crusting has healed.
2. Continue to wear hats and sunscreens.
3. Once the crusting subsides, the treated area may be pink or red. This will gradually subside over a period of 4 – 8 weeks.

**NOTE: IF YOU HAVE A PROBLEM PLEASE CALL OUR OFFICE!**