



Pre and Post Treatment Instructions

Photodynamic Therapy (PDT)

For your safety and in order to obtain optimum results, the instructions below should be followed

- **How to Prepare for a PDT Treatment:**

- o ABSOLUTELY avoid any sunburn or suntan for at least 2 weeks prior to treatment. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration.
- o PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 2 WEEKS BEFORE AND AFTER TREATMENTS.
- o Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
- o Stop using retinol for one week prior to treatment, Accutane for two weeks prior.
- o Please inform us if you have any history of "herpes", "cold sores", or "fever blisters". In such instances, we recommend taking Valtrex 500 mg, 1 tablet twice a day for 5 days starting on the day before the treatment.
- o You will need to absolutely avoid sun exposure after the medication is applied. Wear appropriate clothing for body surface areas or bring a wide-brimmed hat for the face/scalp. A hat can be provided to you if necessary.

- **What to Expect During the Appointment:**

- o When you arrive for your first appointment, a topical medication will be applied. You will then be allowed to leave and return for your second appointment.
- o The incubation time for the medication may vary, but it is imperative that you are not late to your second appt.
- o Absolutely avoid ANY SUN EXPOSURE after the medication has been applied. Please wear your wide-brimmed hat or protective clothing, go straight home, stay indoors away from windows and return at your next scheduled appointment.
 - ◆ Sun exposure will result in early activation of the medication and there will be less efficacy of the treatment.
- o When you arrive for your second appt, a red light will be shined over the treatment area.
- o During the light treatment, you may have some discomfort. It may feel like a stinging, prickling, or burning sensation, similar to a sunburn.

- **What to Expect During the Appointment:**

- o Stay indoors immediately following your treatment. Avoid exposure to the sun for 48 hours.
- o A sunburn-like sensation is expected. This usually lasts a few hours, but can last up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. Applying an ice pack for the first 24 hours will help to minimize swelling.
- o You may wash your face that evening with a gentle cleanser and apply gentle products. Keep the skin moist. It is important for the treated area to remain soft and pliable during this time. Makeup may be resumed the next day.
 - ◆ Avoid any exfoliant creams or cleansers for 1 weeks
 - ◆ Avoid retinol or glycolic/salicylic acid for 1 weeks
- o If a scab forms on the treated area, do not remove or pick at it. Allow it to heal on its own to reduce the risk of scarring.
- o Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff!

Subsequent treatments are based upon your clinician's recommendation and are typically between 6 to 8 weeks apart. Maintenance treatments are recommended annually.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date