

PHOTO DYNAMIC THERAPY

HOME CARE INSTRUCTIONS FOLLOWING PHOTODYNAMIC THERAPY

ON THE DAY OF TREATMENT

- Begin applying ice packs to the treated area for ten minutes at a time for 24-48 hours.
 - This will help keep the area cool and alleviate any discomfort, reduce swelling.
 - Swelling will be most evident around the eyes and is usually more prominent in the morning.
- You may spray on a thermal spring water such as Evian or put cold water in a spray bottle. This will keep the heat under control.
- Wash, moisturize and apply a sunblock. The staff will give you recommendations on products to use.

DAYS 2-7

- Wash your face twice a day with Cetaphil or Dove Sensitive Skin.
- Generously apply Aquaphor or Vaseline Jelly a few times a day- your face should be goopy.
- After a few days, your face will peel. While it is peeling, continue using the Vaseline Jelly- this will help it heal faster.
- You may shave at any time but it may more comfortable to wait until after you have peeled.
- You may begin applying make-up once any crusting has healed. The area may be slightly red for 1-2 weeks.
- The skin will feel dry and tightened. Repeat application of moisturizer helps
- Try to avoid direct sunlight for one week.
 - Whenever you go out, you must wear sunscreen such as Cetaphil, Neutrogena, or Aveeno.



PRODUCTS

