

# PHOTODYNAMIC THERAPY

## BEFORE PHOTODYNAMIC THERAPY

### PREPARING FOR TREATMENT

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- You should not use a topical retinoid **five days before** or after treatment.
- If you have a history of cold sores, let your physician know.
- Do not smoke for **three days before** and **two weeks** after your PDT procedure. Smoking can slow down wound healing and cause an increased risk of wound infections.
- Do not drink alcohol for **three days before** PDT; it can cause more bleeding and thin your blood. You are encouraged to take the following day off from work to avoid sun exposure.
- Do not shave **on the day of treatment**

### MEDICATIONS

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- If you are prone to cold sores, you will be given a prescription for Valtrex, an Antiviral drug. Start taking Valtrex, **two days before** treatment.
- You may take 1 to 2 Benadryl **before treatment** to help with the itching and burning that may result, but you will need a driver if you do so.
- Most patients continue all prescribed medications, including aspirin and any blood thinners unless specifically advised otherwise by the doctor.

### WHAT TO EXPECT DURING TREATMENT

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- Wear comfortable casual clothes that cover the treatment area (Wide-brimmed hat, gloves, long sleeves, etc.).
- You will be instructed to wash the area being treated with a cleanser.
- You will receive an aggressive acetone scrub to degrease the skin. It is important to continue this process until there is no evidence of any sebum left on the surface of the skin.
- A topical solution, Levulan or Amulez, will be applied to the area being treated. This will remain on the skin for 60 minutes or more, depending upon the area being treated. During the incubation period, you should not be exposed to direct sunlight. You are advised not to leave the premise if treating the face.
- You will then be exposed to the light for 10 to 40 minutes. You will be instructed to wear protective eye wear and will be given a fan to make the process more comfortable.
- Upon completion, you will wash the treated area, apply a moisturizer and a physical sunscreen.
- You must avoid sun exposure for 24-36 hours!



### PRE-PDT QUESTIONS

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**1. Have you had PDT before?  
If yes, what type?**

- Red light     Blue Light

**2. Did you have any adverse reactions? Check all that apply.**

- Blisters  
 Burn  
 Major Discomfort  
 Cold sores  
 Problems with wound healing

# PHOTODYNAMIC THERAPY

## AFTER PHOTODYNAMIC THERAPY

### HOME CARE INSTRUCTIONS 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 and 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 physical sunblock.
- Do not use a topical retinoid **five days after** treatment.
- You may take 1 to 2 Benadryl (25-50 mg) to relieve itch and pain, which will likely make you sleepy.

### HOME CARE INSTRUCTIONS DAYS 2-7

- Wash the treated area **twice a day** with Cetaphil, Fig Gentle Cleanser, or Dove Sensitive Skin.
- Generously apply Aquaphor or Vaseline Jelly a **few times a day** - the treated area should be goopy.
- You may take 1 to 2 Benadryl (25-50 mg) to relieve itch and pain, which will likely make you sleepy.
- After a few days, your the treated area 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 be more comfortable to wait until after you have peeled.
- You may begin applying make-up once any crusting has healed.
- The skin will feel dry and tightened. Repeat application of moisturizer helps.
- Avoid direct sunlight for **one week**.
- Whenever you go out, you must wear a physical sunscreen such as Cetaphil, Neutrogena Pure and Free, Vertra, Aveeno, or Fig Sunscreen.



## PRODUCTS



**Note: The area may be red for 1-2 weeks. Do not pick or scrub your skin, it can cause severe irritation or scarring.**

**Contact our office if your pain is increasing one to two days after your procedure, if you have a fever, or any other concerning symptoms.**