



Northern Arizona Dermatology Center

PHOTO DYNAMIC 'BLUE LIGHT' THERAPY (PDT)

Pre-Treatment Requirements:

Discontinue all prescription strength Retin-A products a week before the treatment.

If shaving is required, do this the day prior to treatment. Shaving the morning of the treatment will intensify the discomfort felt during treatment.

Inform us PRIOR to treatment if you are susceptible to cold sores. Exposure to the light can cause a breakout if not treated with an anti-viral medication prior to the procedure. Patients with active cold sores SHOULD NOT receive PDT.

A few products that you might like to have on hand before you come in for your appointment: sunscreen with zinc oxide. A gentle moisturizer, 100% pure aloe vera gel, Aquaphor Healing Ointment.

Day of Treatment:

Come with a clean face (no makeup) to your appointment.

If you are having the treatment on your face or scalp, please bring a wide brimmed hat. You will need to wear a hat following the treatment to shield your treated skin from the light.

If you are having the treatment on your arms/hands, please bring a long sleeve shirt and gloves. If the treatment is being done on chest or back, make sure clothing worn adequately covers these areas.

Your doctor has suggested an incubation time for you (typically 1 to 2 hours). During this time the Levulan is absorbing into your skin. You will need to stay in the building during this if you are having your face or scalp treated. If your arms/hands, chest or back are being treated you are allowed to leave the building during this time if the area being treated is fully covered.

Plan to head straight home after treatment. Your treated skin will be extremely sensitive to sunlight and other light sources. It is strongly recommended to complete errands before our treatment until 48 hours after the treatment. If this is your first time experiencing blue-light treatment, we recommend you choose an appointment time that does not require you to return to work after the treatment.

Post-Treatment Requirements:

Use of Retin-A products may be restarted after all irritation from the procedure resolves.

Plan to limit your time spent outdoors (this includes time spent in the car). Additional exposure to light can lead to a more extreme reaction with a longer recovery period.

A sunscreen with a SPF of 30+ that contains zinc oxide MUST be used for the first 48 hours following treatment.

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Post Care Instructions for Blue-light Treatments:

After your PDT treatment, your skin will feel warm to the touch and may sting as though you have a sunburn. You may also experience redness, skin tenderness, dark spots, swelling, and blistering. THIS IS NORMAL. The stinging sensation begins during the treatment and may last up to 48 hours after the treatment. Your skin may feel dry, rough, tight, and may appear a bit dark. These skin changes typically resolve over the next 7 to 10 days. Reactions will vary from person to person. The severity of your response is not indicative of the efficacy of your treatment. Please make sure to follow up with the provider at the time suggested during treatment to discuss response.

Your skin was treated with a photosensitive medication which will make your treated skin extremely sensitive to sunlight (both direct and indirect) and other bright light sources for 48 hours after application. If the medication is reactivated by one of these light sources, it is likely that you will experience more discomfort and a longer healing time. It is strongly recommended that you stay inside during daylight hours for the first two days. If you **MUST** go outside during daylight hours, apply sunscreen with zinc oxide and cover your treated skin with a hat, long sleeves, gloves, etc. After the sun has gone down it is safe to go outside.

Cleanse your newly treated skin with warm or cool water and gentle skin cleanser following the treatment. Cold compresses applied directly to treated skin may help to cool the area. You may begin applying moisturizers to soothe and rehydrate skin beginning immediately after the treatment. It is okay to shower as normal after the treatment. We would advise you to wait at least 48 hours to shave the treated skin. Make-up can be worn after 24 hours if needed. Exercise should be avoided for 24 hours following the treatment.

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Recommendations for Products to Use After Treatment:

Sunscreens:

Elta MD Pure *

Vanicream SPF 50 *

Cera-Ve Sunscreen for Face SPF 50

Neutrogena Sensitive Skin

Moisturizers:

Vanicream*

Cera-Ve

Cetaphil

Aquaphor Ointment

100% Pure Aloe Vera

Pain/Itch Relief:

Ibuprofen/Tylenol

Benadryl

Redness/Swelling:

OTC Hydrocortisone Ointment 1%

**Products can be purchased in our Office*