

PHOTODYNAMIC THERAPY (PDT)

AFTERCARE INSTRUCTIONS

After Photodynamic Therapy, you can expect sunburn-like symptoms such as **redness, tenderness, swelling, peeling, and burning of the treated area that may last up to a week.** These side effects can range from mild stinging and dryness to intense swelling and redness. Any bruising that occurs may last 1-2 weeks depending on the strength of the treatment.

Please follow the care instructions carefully to obtain best results and avoid any complications:

1. Avoid sun exposure for 48 hours
2. Use Vinegar/Water soaks twice a day as directed:
 - a. *Combine 1 part white vinegar to 4 parts water*
 - b. *Soak clean cotton wash cloth in vinegar solution and place on affected area for 5-10 minutes*
 - c. *Pat area dry*
 - d. *Do this twice a day for 5 to 10 days*
3. Keep the treated area moisturized at all times. If the treated area feels tight it is a sign to apply moisturizer. Use a sun block containing at least an SPF of 30 with zinc to help block the harmful UV rays. We recommend our Vanicream or Elta MD products.
4. Do not apply any type of glycolic acid, exfoliation products, retinoids or other acne treatments as this can severely damage or irritate the skin. Stop any anti-aging products or products for correction for 10 days after treatment.
5. Make sure that you take any medication given for cold sores and fever blisters if they are prescribed.
6. You may wear makeup after treatment.
7. If any blisters, scabs, or sores form apply Vaseline to them.
8. You may not turn red and peel depending on the treated area and incubation period. This does not mean that the treatment did not work. Responses vary between patients and treatment areas.