Photodynamic Therapy (PDT) Home Care Instructions

Prior to Treatment:

1. Wash your face thoroughly and bring a hat with you to the office.

2. **Do not apply makeup, lotions, or any skin care products prior to treatment.** You may put sunscreen on but it will be removed in-office before treatment.

3. **Please be prepared to spend a minimum of 2 ½ to three hours with us for your visit. A topical sensitizing medication will be applied to your skin and allowed to incubate for two hours prior to being activated under the treatment light.** We have bottled water and magazines to keep you comfortable throughout the treatment. We also offer free Wi-Fi if you wish to bring a laptop.

Post Treatment:

Day 1 – Immediately following your treatment, stay indoors. Avoid exposure to the sun and bright indoor lights for 24 to 36 hours.

1. **Ice Packs & Cool Compresses:** If you have any discomfort, begin applying ice packs or cool compresses (water-soaked **Bounty® Paper Towels**) to the treated areas. Apply these compresses frequently and use a light lotion or cream (i.e., **EltaMD® Intense Moisturizer**, **Vanicream® Moisturizing Skin Cream**, **CeraVe® Moisturizing Cream**, or **Vaseline®**) afterwards. This will help keep the area cool and alleviate any discomfort as well as help keep any swelling down.

2. Swelling will be most evident around the eyes and is usually more prominent in the morning; it can last for a number of days.

3. Avoid direct sunlight as well as bright indoor lights.

4. You must use a **potent sunscreen** SPF 30+ with Zinc Oxide and/or Titanium Dioxide (i.e., **EltaMD® UV Daily SPF 40**, **EltaMD® UV Shield SPF 45**, or **Solar® SPF 58**).

5. To alleviate pain, take **Advil®** (400 mg every 8 hours).

6. Apply topical **Hydrocortisone 1%** lotion to reduce stinging and burning. This can be purchased over-the-counter.

7. You can shower as desired.

8. You may take oral **BENADRYL®, one to two capsules (25 to 50 mg), in the evening for the first few nights to reduce swelling and help you rest.

Please see reverse side of page.
Day 2 – Stay indoors. Avoid exposure to the sun and bright indoor lights.

1. Continue to apply ice packs or cool compresses as needed to ease discomfort and swelling. Any discomfort usually subsides by day 7. Some patients may have a serious reaction with considerable swelling, redness and burning. Frequent soaks will usually be adequate as well as topical Hydrocortisone and oral BENADRYL® as listed above.

2. **Vinegar Soaks**: You should soak the treated areas with a solution of 1 teaspoon of white vinegar in 1 cup of cold water for 20 minutes every 3 to 6 hours. Dip Bounty® Paper Towels into the vinegar soak solution, squeeze out excess solution, fold the paper towel accordingly, and apply to the treated areas as needed. Ice may be applied directly over the vinegar soaks. The area should be patted dry and cream (i.e., EltaMD® Intense Moisturizer, Vanicream® Moisturizing Skin Cream, CeraVe® Moisturizing Cream, or Vaseline) and/or Hydrocortisone 1% ointment should be reapplied following the vinegar soaks.

3. The photosensitivity to sunlight is usually gone 24 hours after treatment but may last as long as 48 hours.

Day 3 to 7 – Try to avoid direct sunlight for two weeks.

1. For those who wear makeup, once you are healed, you may begin applying makeup. Most patients have completed the peel after 7 to 10 days. The area may be a healthy pink for 4 to 6 weeks.

2. The skin will feel dry and tight. A good moisturizer should be used daily (i.e., EltaMD® Intense Moisturizer, Vanicream® Moisturizing Skin Cream, CeraVe® Moisturizing Cream, or Vaseline®).

3. Try to avoid direct sunlight for two weeks. Solar® SPF 58 is especially effective at protecting your newly rejuvenated skin.

*If you have any questions or concerns, please contact our office at 520.795.7729, Ext. 218 or 233.*