

# SAND LAKE

## DERMATOLOGY CENTER

### PHOTODYNAMIC THERAPY (PDT) TREATMENT INSTRUCTIONS

#### BEFORE TREATMENT

- Stop all Retin-A, retinol, Renova, Differen, Tazorac, glycolics, bleaching creams and exfoliants 3 days prior to treatment.
- Avoid tanning or self-tanners for 3 days prior to treatment.
- Do not shave the areas to be treated the day of the procedure.
- If you have a history of cold sores, please let us know so we may provide a prescription for Valtrex the day of the procedure.

#### AFTER TREATMENT

##### FOR THE FIRST 2 DAYS

- **Strict sun avoidance is necessary for 48 hours.** Bring a wide-brimmed hat to the treatment or purchase one at Sand Lake Dermatology Center. Wear a hat leaving the office and in the car and remain indoors to avoid direct sunlight.
- You may have a mild sunburn sensation with associated tenderness, redness, swelling and rarely crusting. Take Tylenol or Advil as necessary for discomfort. Some patients find ice packs and cool fans to be soothing. Redness and discomfort typically lasts 3-5 days. Some peeling may occur.
- Vinegar soaks can be useful and can help sooth discomfort. Apply a washcloth soaked in a solution of 1 tablespoon of white vinegar in 2 cups of water for 20 minutes. Ice can be applied directly over the soaks. You may soak several times a day.
- Patients purchase a PDT kit for \$35 with all post-treatment products needed. Use Vanicream cleansing bar and lukewarm water to cleanse skin and avoid rubbing skin vigorously. Apply Vanicream lite lotion moisturizer every 4-6 hours post treatment.
- Make-up can be applied if the skin is not broken.
- Try to avoid shaving the treated areas.
- Elevate your head on two pillows while sleeping to reduce swelling.

##### FOR THE NEXT WEEK

- Avoid irritants, such as Retin-A, retinol, Differin, Tazorac, glycolics, bleaching creams and exfoliants. Keep skin moisturized with a gentle moisturizer or post-procedure cream.
- Avoid chemical peels, facials and microdermabrasion.
- Apply Vanicream SPF35 sunscreen every morning. Reapply every 2 hours during outdoor activities. Wear a wide-brimmed hat when possible.

If you have any questions or concerns, or experience an unexpected reaction, please call our office immediately. We can always be reached after hours through our emergency line and are happy to speak with you any time.