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## Post Care Instructions for Photodynamic Therapy (PDT)

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Day of Treatment:

- Remain indoors and avoid any direct sunlight for the next three days. Photosensitivity to sunlight is usually gone in 72 hours.
- Take analgesics such as Tylenol or Advil if necessary. Any discomfort usually subsides by day 3.
- Keep skin moisturized with Hydrocortisone 1% ointment or Aquaphor for the next 3 to 4 days. Wash your face with a Gentle Cleanser such as Cetaphil or CeraVe products.
- You may experience mild swelling for 1 to 3 days after treatment.

### Day 2:

- You can take a warm shower or bath (avoid using hot water as it will increase any discomfort). Men should avoid shaving until the 3rd or 4th day after treatment, as your skin may still be sensitive.
- You can soak the treated area with a solution of 1 tsp. of white vinegar in 1 cup of water for 20 minutes every 4 to 6 hours or as needed to calm the heat. The areas should be patted dry and Hydrocortisone 1% ointment should be reapplied following the vinegar soaks if needed.
- Continue to apply the Aquaphor if the areas treated begins to peel or crust. **DO NOT PICK** the crusted or peeling areas as this can cause an infection and/or scarring.

### Day 3-7:

- You can begin applying makeup on the 4th day. Any makeup application prior to the 4th day can prolong the healing process and decrease the effects of the treatment. We recommend using a Mineral makeup, which is all natural, inert, anti-inflammatory, and acts as a concealer with sunscreen. It is especially effective to mask any redness.
- You can start to use your regular moisturizer by day 4.
- Try to avoid direct sunlight for one week. **NO BEACHES!** Use a sunscreen with a SPF 30 every day following treatment.
- Post treatment considerations can include severe redness in the treated areas which may last from several hours to several days. There is a strong possibility of side effects such as blistering and burning if you are exposed to sunlight for the first 48 hours following the treatment.

### **Notes:**

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