

## Patient Care Instructions for Photodynamic Therapy

### **2 Days Prior to Treatment:**

- 1) Stop using retinoids (Retin-A, ie. Renova, Differin) glycolic acid products, salicylic acid products and acne products.
- 2) You must avoid sun exposure (including tanning beds) and self tanners for 24 hours prior to your appointment.

### **Day of Treatment:**

- 1) You **MUST** remain indoors and avoid direct sunlight. Brief car trips are permissible with mandatory sun block. (SPF 30 or higher)
- 2) Take Tylenol or Advil as necessary.
- 3) Apply Aquaphor after treatment as needed.
- 4) You can apply frozen bags of peas or ice packs to the area to help with any swelling or discomfort.
- 5) Elevate your head on two pillows while sleeping to reduce swelling.

### **Day 2:**

- 1) You may take a shower. Men should not shave if their skin is very irritated.
- 2) Wash only with a mild cleanser. Pat the area gently to dry.
- 3) You may continue to take Tylenol or Advil. Any discomfort usually subsides by day 3.
- 4) Avoid sunlight and try to remain indoors on Day 2

### **Day 3-7:**

- 1) Redness and peeling are usually gone in 3-5 days, but may last up to 2 weeks.
- 2) Skin may feel dry and tightened. Do not scratch, pick or rub the area. Use Aquaphor to moisturize as needed.
- 3) Do not resume acne products, retinoids, glycolic acid products, or salicylic acid products until redness and irritation have subsided.
- 4) Apply **SUNBLOCK** (SPF 30 or higher) every morning. Reapply every 90 minutes during outdoor activities.
- 5) If blistering or crusting should occur apply Aquaphor. This can be done every 4-6 hours.

If you have any problems, please call our office at 248-267-5020.