



PHOTODYNAMIC THERAPY PATIENT INFORMATION

Photodynamic Therapy (PDT) is used primarily to treat excessive actinic damage on the face and scalp. It is normal to experience redness, crusting, and/or scabbing after treatment and you should not plan any activities immediately after your treatment. Treated areas will be very sensitive to sunlight and you should avoid sun exposure for 48 hours after treatment. The treated area may be red for up to 4 weeks after your procedure, but usually looks as though you have a sunburn for 5-10 days. Apply sunscreen prior to any sun exposure and moisturizer at least 1-2 times a day.

Day of Treatment:

1. Please bring reading materials and/or a personal headset if you wish to listen to music.
2. Please bring a wide brimmed hat and sunglasses to the office on the day of your treatment.
3. We will apply sunscreen after your treatment before you leave the office. You must reapply sunscreen with any sun exposure.
4. We recommend going directly home, remaining indoors, avoiding close proximity halogen lights, and avoiding direct sunlight, (even avoid sitting near windows) immediately following your treatment and for the next 48 hours.
5. Apply cool compresses or ice packs as needed to reduce discomfort and swelling. Swelling, if it occurs, will be most evident around the eyes and is usually more prominent in the morning.
6. It is helpful to put moisturizer and/or damp washcloths in the refrigerator for post treatment relief.
7. Some patients may experience some discomfort after the procedure, and you may take analgesics such as Tylenol or Advil if desired.
8. Elevate your head on two pillows when sleeping to reduce swelling.

Day Two:

1. Continue to apply ice packs as needed to alleviate discomfort and swelling.
2. You may take a shower.
3. You may take analgesics and any discomfort usually subsides by day three.
4. You should avoid sunlight and try to remain indoors on day two as discomfort may increase with light exposure.
5. Continue using moisturizer at night. (CeraVe/ Cetaphil lotion or cream)

Days Three-Seven:

1. Apply Aquaphor ointment to any areas of crusting.
2. You may begin applying make-up once any crusting has healed.
3. The skin will feel dry and tightened and a good moisturizer should be used daily as often as needed.
4. Use a good broad spectrum sunscreen with a minimum SPF 30 and reapply frequently if sun exposure is unavoidable.

Dr. David Lorber Dr. Nona Craig Dr. Jennifer Croix Dr. Sara Dickie
Erin Melley, PA-C Amanda Schallman, PA-C