Photodynamic Therapy (PDT)

Care Instructions

What Can I Expect Post Treatment?

Depending on the length of Levulan incubation, you can expect a sunburn-like reaction that may last up to 5-7 days. Swelling, peeling, crusting and discomfort may occur. Some patients may have a more pronounced response to PDT and experience a more severe sunburn-like reaction. Because PDT targets the superficial layers of the skin, scarring or permanent damage is not expected when the procedure is performed appropriately.

Post Treatment Instructions

- Stay out of direct AND indirect sunlight for 48 hours. Plan to remain indoors for 2 days and avoid exposure to sunlight through uncovered windows.
- Keep the treated area clean to reduce the risk of infection. Wash gently with a mild cleanser 1-2 times a day.
- Apply a high-quality moisturizer as often as needed to keep the skin comfortable and hydrated.
- If a pain reliever is necessary, ibuprofen or acetaminophen may be used as directed.
- Keep cooling gel refrigerated, such as 100% aloe vera, for use as needed.
- Use ice or cold packs, or a bag of frozen peas or corn, as needed to help reduce swelling. Do not apply ice or frozen items directly to the skin; wrap them in a clean cloth or towel first.

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- Avoid acne treatments and topical irritants such as Retin-A, glycolic acid, and salicylic acid until your skin is no longer peeling, flaking, or red.
- If blisters form, apply a protective ointment such as Vaseline or Aquaphor twice a day.
- It is very important to continue protecting your skin from the sun for several days following treatment. Apply a high-quality, broad-spectrum SPF 30 or higher sunscreen to the treated area daily. Mineral sunscreens containing zinc oxide and/or titanium dioxide are ideal.
- You may begin applying makeup as soon as you feel comfortable and once any crusting has peeled away. Do not pick or remove scabs.

Please call the office if you have any questions or concerns during your recovery.

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