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PHOTODYNAMIC THERAPY (PDT) AFTER CARE

FOR THE FIRST DAY:

Strict sun avoidance is necessary for 48 hours. You must remain indoors and avoid direct sunlight.

You may have a sunburn sensation with associated tenderness, redness and swelling. Take Tylenol or Advil as necessary. Some people find ice packs and cool fans to be soothing. Redness and discomfort are usually gone in 3-5 days. There may be some peeling.

Vinegar soaks can be useful and can help soothe any discomfort. Soak the areas with a solution of 1 tablespoon of white vinegar in 2 cups of water for 20 minutes. Ice can be applied directly over soaks. You may soak several times a day.

Use gentle cleansers (Cetaphil, CeraVe), lukewarm water and do not rub the skin vigorously.

Apply a thin layer of Phyto Corrective Mask (and feels good if kept in fridge or freezer). Triamcinolone (prescription cortisone cream with moisturizer) after morning and evening cleanse. This cream can be used 3-4 times a day if needed to help with itching or redness.

Elevate your head on two pillows while sleeping to reduce swelling (if face was treated).

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 sunblock containing zinc oxide or titanium dioxide every morning. Reapply every 2 hours during outdoor activities. Wear a hat if possible.

FOLLOW UP TREATMENT

Schedule a follow up visit 2 weeks post treatment as occasionally some areas may need additional treatment.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours. We are happy to speak to you any time (561) 296-5222.