



## CLEAR DERMATOLOGY

### PHOTODYNAMIC THERAPY (PDT) TREATMENT INSTRUCTIONS

#### BEFORE TREATMENT

- Stop all Retin-A, Retinol, Renova, Differin, Tazorac, glycolics, bleaching creams, and exfoliants 3 days prior to treatment.
- Avoid tanning or self-tanners for 3 days prior to treatment.
- Do not shave the areas to be treated the day of the procedure.
- If you have a history of cold sores, please let us know and get a prescription from us for Valtrex the day of the procedure.
- Taking an OTC antihistamine like Allegra or Zyrtec the day before, the day of, and the day after treatment can help with discomfort.

#### AFTER TREATMENT

##### FOR THE FIRST DAY:

- Strict sun avoidance is necessary for 40 hours. You must remain indoors and avoid direct sunlight. Cover the treated area with clothing or a hat from the time you leave the office until returning home, even while in the car. Sunscreen will not protect you during the first 40 hours.
- You may have a sunburn sensation with associated tenderness, redness, swelling, and crusting. Take Tylenol or Advil as necessary. Some people find ice packs and cool fans to be soothing. Redness and swelling can occur for 7 days. For most patients the treated areas return to normal by day 10.
- 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 the soaks. You may soak several times a day.
- Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously.
- Apply Aquaphor or other post-procedure cream (if discussed) every 4-6 hours. Makeup can be applied if the skin is not broken.
- Try to avoid shaving the treated areas.
- Elevate your head on two pillows while sleeping to reduce swelling.

##### 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 when possible.

#### FOLLOW UP TREATMENT

- Follow up appointments are usually scheduled at 2-4 weeks.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. We are happy to speak with you any time (310) 540-5272.