

Saint Luke's Dermatology
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Kansas City, MO 64111
816.932.4500

Patient Care Instructions for Photodynamic Therapy

2 Days Prior to Treatment

1. Stop using retinoids, (Retin-A, Differin, Tazorac) glycolic cleansers and acne products.
2. You must avoid sun exposure (including fake tanning supplies and tanning beds) 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 sunblock (titanium dioxide or zinc oxide **MUST** be an ingredient in the sunblock).
2. Take Tylenol or Advil as necessary.
3. Apply Calming Cream after treatment as necessary.
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 remain indoors on Day 2.

Day 3-7

1. Redness and peeling is 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 Calming Cream, Vaseline, or Aquaphor to moisturize as needed.
3. Do not resume acne products, retinoids, or glycolics until redness and irritation have subsided.
4. Apply **SUNBLOCK** containing Zinc Oxide or Titanium Dioxide every morning (such as Neutrogena Sensitive Skin Sunblock spf 45). Reapply every 90 minutes during outdoor activities).
5. If blistering or crusting should occur, soak the areas with a solution of 1 teaspoon white vinegar in 1 cup ice water for 20 minutes. Ice can be applied directly over the soaks. After the soaks, pat dry and apply calming cream. This can be done every 4-6 hours.

If you have any problems, please call our office 816.932.4500.