

Photodynamic Therapy (Blue Light)

Your treated skin is highly sensitive to sun exposure for the next 48 hours. For your protection:

1. Avoid sun exposure for 48 hours after treatment.
2. Apply sunscreen every 2-4 hours during the daylight hours. Use sunscreen with an SPF of at least 40 for the next 48 hours.
3. When outdoors, wear protective clothing as necessary. (i.e., wide-brimmed hat, long sleeves, long pants, sunglasses, gloves, etc.)

Response to treatment may include patchy redness, blotchiness, scabbing, and swelling. Temporary swelling may occur. Stinging and burning may last up to 24 hours after treatment. *Extra Strength Tylenol may be taken every 4-6 hours as needed for discomfort - this really helps with skin pain - you should take it every 4-6 hours. You may also try Motrin or Aleve.

******COMPLETE healing may take up to 2 weeks.**

If scabbing occurs:

1. Clean and dry the area with tap water using a Q-tip or gauze pad.
2. Apply Vaseline ointment over the entire area. Do **NOT** use Neosporin.
3. Cover wounds with Band-Aid or sterile non-stick gauze pad and micropore paper tape.

Repeat these instructions at least once a day until the wound has completely healed.

Continue normal diet, activity, and normal medications