



Photodynamic Therapy “PDT” Instructions

Photodynamic therapy (PDT) is the treatment of skin conditions by first applying a photosensitizing chemical and then using a light source to cause damage to the targeted sites.

After the treatment is completed with the light source there is usually a moderate amount of **tenderness, redness, swelling, scaling,** and even **blistering** of the damaged skin during which time the tissue is being repaired.

After your PDT: It is **crucial** to the health of your skin and success of your treatment that these guidelines be followed:

1. Wash your hands with soap and water.
2. Cleanse the treated area(s) with a mild cleanser or soap (CeraVe or Cetaphil).
3. Apply a moisturizing cream or lotion (CeraVe or Cetaphil) to the treated area(s) as needed to relieve dryness, tightness, and itching.
4. It is imperative that you use a sunscreen with an SPF of at least 30 **and avoid direct sunlight for at least 1 week.** Best results will be obtained with regular daily use of such sunscreen.
5. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as their skin may be more sensitive.
6. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2-5 days. **DO NOT** pick off the scales as this can result in scarring.
7. Call our office if you begin to notice any signs of infection or if fever blisters occur.

Post PDT Instructions:

The chemical that was applied to your skin is *a strong photo sensitizer* which can cause severe sunburn. It is very important to **avoid sun exposure** in the treated area(s) for 24-48 hours as the medicine can continue to be activated by sunlight. There is no absorption into the bloodstream so you will not be sun sensitive on any untreated areas. Natural sunlight through window glass and sunlight through clouds will continue to activate this chemical until it wears off. We also recommend a **wide-brimmed hat** on your drive home. Sunscreen will only partially block this reaction so it is very important that you drive straight home, do not stop for any errands, and remain indoors for 24-48 hours. You can go out at night when the sun goes down. After 48



hours the chemical will have worn off your skin and you can restart your regular activities. It sometimes takes **2-3 treatments** to achieve the desired results. If you experience any significant, unusual discomfort after the procedure please call the office for instructions. If you do get a significant sunburn reaction, you will actually get better treatment results but the sunburn is uncomfortable therefore we try to avoid it if possible. You can wash your face and scalp and apply make-up at any time after the procedure is complete.

If you have questions or concerns after hours, please call our on-call provider at 479-426-4373 for assistance-be sure to leave a message, you will be called back. During normal business hours you can call 479-273-3376.