



## **Photodynamic Therapy (PDT)**

### **Day of Appointment:**

Bring a large hat and sunglasses with you to your treatment if you are receiving a treatment on face or head bring a large brimmed hat and sunglasses; if your treatment will be to your arms/hand wear long sleeves and gloves if possible. You will need immediate sun protection starting the moment you leave the office and carry this through for the next 2-3 days. If you cannot avoid the sun, it would be best to reschedule your appointment until the winter.

### **After your Treatment:**

1. You must **STRICTLY AVOID THE SUN** for the next few days. No sitting outside or even next to a window. If you do have to travel outside be sure to apply sunscreen and wear protective clothing. Long car rides are also detrimental as the sun will still burn you through the car window.
2. Mild to moderate redness, swelling, peeling, blistering and crusting of the treated areas is expected and can last several days. If you have had a previous treatment, you may get less redness, swelling and crusting with each successive treatment.
3. You may experience some discomfort, but no pain.
4. Apply ice packs to decrease swelling; you may take Motrin or Tylenol to help with any discomfort or swelling.
5. Residual redness will subside after a few days but you may wear makeup to camouflage any persistent areas.
6. Peeling may be experienced for 1-3 days following the procedure. Vaseline can be applied liberally to help with peeling and dryness.
7. Avoid extremes of temperature such as hot water or coffee and avoid wind (if possible).

**\*\*\*YOU MUST STAY OUT OF THE SUN AND AWAY FROM THE WINDOWS IN YOUR HOME/WORK FOR THE DAY OF THE PROCEDURE AND THE DAYS FOLLOWING THE PROCEDURE—NOEXCEPTIONS!!!**

**PDT + levulan+ hyfercation for sebaceous gland hyperplasia is not covered by insurance and your cost is \$550.00 per treatment. Most patients need 2-5 treatments.**