

Photo Dynamic Therapy (PDT)

- Your face will be cleansed with a special prep solution to remove oils or makeup.
- After the skin is cleansed, Levulan, which is a clear liquid, is applied to the treatment area. The medication is left to rest on the treatment area for 60 minutes, called the incubation period.
- After the incubation period, the Levulan will be activated with Blue Light. Patients sit comfortably in a chair while the light is applied to the affected area for a period of approximately 16 minutes.
- Although the light is visible light, patients are given special goggles to protect their eyes during the treatment. Wearing the goggles is mandatory.
- During the treatment a patient may feel stinging, tingling, prickling, or burning of the lesions, but this should go away after the treatment. A hand held fan will be provided for your comfort.
- After treatment, the solution will be washed off the skin following the light activation. A layer of sunscreen is applied last prior to leaving the office.
- Please come prepared with a wide brim hat for you to wear when you leave the office.
- There will be redness, and occasionally, mild blistering or bruising of the treated areas lasting from 14-30 days. This will depend on the sensitivity of your skin and the severity of your sun damage. The treated area might “crust”, “flake”, or look like a “cat scratch.” Any areas that become crusted are pre-cancerous areas that have been successfully treated.

Post PDT Care

- Wash affected areas with gentle cleanser and water, pat dry, and apply EltaMD Intense Moisturizer.
- **STAY INSIDE** and keep the treated area out of the sun and bright lights for **48 hours**. Exposure to the sun within this time period can lead to a severe blistering burn in the areas that were treated.
- If outdoor exposure sun or bright lights are unavoidable, wear a hat with a brim, cover your face with a scarf, wear large sunglasses and use sunscreen. Sunscreen alone is **NOT ENOUGH PROTECTION** to prevent a burn in the first 48 hours after treatment, since the Levulan is activated by visible light, not ultraviolet (UV) light. Examples of strong visible light: sunlight, dentist exam lights, sitting by windows, bright reading lamps.
- You should use EltaMD Physical or EltaMD Daily sunscreen daily for at least 4 weeks following treatment regardless of the time of year or if it is overcast or cloudy. Sun exposure may lead to the production of blotchy dark pigmentation which may take several months to fade.
- Avoid excessive heat exposure such as saunas, steam rooms, hot showers or baths, overhead doctor/dentist exam lights and strenuous exercising for 24 hours. This prevents the risk of blistering.
- You can return to normal activities immediately after treatment, as long as you avoid bright light and sunlight for 48 hours.
- Avoid any aggressive skin care products such as scrubs, exfoliants and retinols.
- Keep clothing from rubbing the treated area and avoid other irritation to the area.
- Notify the office should you have any prolonged redness, excessive puffiness, or other unusual side effects for a period of **over** one month.