



## ***Photo Dynamic Therapy***

### Treatment Steps

1. Make sure your skin is clean and free of all make-up, moisturizers, and sunscreens. Bring a hat and sunglasses to the clinic.
2. Photography may be done by the staff before the Levulan is applied.
3. You must sign a consent form.
4. Levulan is applied topically to the whole area to be treated.
5. The Levulan is left on for 60-120 minutes based on the Provider orders or protocol. Bring a book to pass the time.
6. If you choose to leave the premises while waiting, you must wear protective clothing and hat at all times.
7. The Levulan is activated with the BLU-U. This unique spectrum of light activates the Levulan.
8. Post-treatment instructions are listed below.

### Day of Treatment

1. If you have any discomfort, begin applying ice packs to the treated area. This will keep the area cool and alleviate any discomfort, as well as help keep down any swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
2. Remain indoors and avoid direct sunlight and any bright light for at least 48 hours. If you must go outdoors, wear sunscreen, light-blocking clothing and hat.
3. Apply a moisturizer at least 2-3 times per day such as Vaseline, Aquaphor, or a gentle moisturizer.
4. Tylenol (Acetaminophen), Advil (Ibuprofen) or Aleve (Naproxen) may be taken according to manufacturer's recommendations for discomfort.

### Day 2-7

1. For female patients, you may begin applying make-up once any crusting has healed. The area may be slightly red for over 1 week.
2. The skin will feel dry and tightened. Moisturizer should be used daily.
3. Avoid direct sunlight for at least 48 hours after treatment. Use a total block zinc or titanium oxide based sunscreen with a minimum of SPF 30.
4. After treatment you may experience peeling, flaking, redness, dark spots, swelling, stinging, and tenderness. These will resolve within 3-4 weeks.
5. If you have any swelling after the procedure, an over the counter antihistamine may be taken (such as Benadryl or Claritin) to help relieve symptoms.

**If you have any questions please call our office at 336-940-2407.**