



### **Photodynamic Therapy Instructions**

Photodynamic Therapy is an advanced treatment that can non-invasively reduce precancerous sun damage, acne, enlarged oil glands, rosacea, and many other skin conditions. For optimal results, please follow these instructions carefully:

A photosensitizing medication called Levulan will be applied to your skin, causing that area to be extremely sensitive to light for 48 hours. Once the medication is applied and dries, you must strictly avoid the sun, or sunburn can quickly occur.

The Levulan medication works best if the treated area is kept warm from the time of application until the light treatment. Heating or warming the area improves results. Try not to let the area be cold while the medication is absorbing.

- No outdoor activities on the day of treatment or the following day.
- Do not sit in front of a window in daylight hours with the treated area exposed.
- If your face is being treated, wear a hat or hood for even brief unavoidable sun exposures such as walking to your car.
- If your arms are being treated please wear long sleeves.
- Chest, back or leg treatments – keep treated area covered with clothing.

Return to the office at the specified time for your light activation of the Levulan medication.

After treatment, the areas may look and feel like a painful red sunburn. Symptoms will decrease daily and the skin is generally fully recovered in about a week. You may apply ice packs, cool compresses or take ibuprofen as needed for any burning discomfort after your treatment. Some people may experience minimal redness or burning, but still have clinical improvement.

Remember for 48 hours to continue to cover the treated areas with clothing or a hat or hood whenever you need to briefly be in the sun (i.e., walking to your car.) Areas such as the face or hands that cannot be covered should have a zinc oxide sunblock applied, even while driving in the car, even on cloudy days or in the winter months.

After 48 hours your skin is no longer photosensitized and you may resume normal everyday sun precautions.

Please follow up with your physician or nurse as recommended.