**AFTER TREATMENT:**

*Instructions for After Treatment:*

* Plan to go directly home after your treatment. You may wish to have someone drive you and/or pick you up.
* For the first 48 hours after treatment, avoid direct or indirect sunlight as much as possible, and other sources of prolonged or intense light (fluorescent lighting, tanning beds, sun lamps, etc.) as this may increase possible side effects.
* As with any procedure, PDT is associated with possible risks and complications including but not limited to pain, redness, swelling, blisters, crusting, increased or decreased pigmentation, bruising, hair loss, worsening of acne, and activation of herpes simplex virus (cold sores).
* When indoors, continue to wear protective sun block, hat, scarf, or anything that covers the treated areas.

*What to expect:*

* A sunburn-like effect is normal for 2-3 days after the procedure and can last up to 5-7 days. This can mean anything from being light pink to swollen red and itching sunburn with scaling or scabbing. Crusting typically occurs where there was sun damage and/or actinic keratoses (precancerous lesions). Peeling or flaking may begin on day 3-4. Avoid picking the skin! Not everybody visibly peels.

*After Treatment Care:*

* To help soothe some of the discomfort you can use:
  + Cool tap water compresses as needed throughout the day.
  + For additional topical relief you can use the following, which can be purchased at our office while you are here for your procedure:
    - Regular Aloe or Aloe with Lidocaine and/or Menthol 3-4 times per day or as the bottle directs.
    - SkinCeuticals Phytocorrective Mask is specifically formulated to soothe skin after PDT procedures.
  + Ibuprofen or acetaminophen can be used if you have no contraindications to these medications.
* After the treatment, use a mild skin cleanser and moisturizer (Vanicream, CeraVe®, Cetaphil, etc.) to wash the treatment areas twice a day.
* Apply sunscreen every day during the healing process.
* You may begin applying makeup as soon as you feel comfortable and any crusting has stopped.
* If you suspect any secondary infection, please call the office immediately.

\*\*\*If you have a history of fever blisters (herpes simplex infection), take the prescribed medication from Dr. Smith as directed.\*\*\*