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| **PDT Technicians:**  Jessica Ashley Laura | **To schedule an appointment for PDT or if you have questions regarding your upcoming PDT appointment, call** **502-896-8803 and select the option for Photodynamic Therapy.** |

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**PRIOR TO TREATMENT:**

* Review this packet and call our office if you have any questions.
* Although there are no formal studies about the interaction of Ameluz® gel with other medications, consult with your prescribing physician and Dr. Smith about stopping any of the following medications, as they may cause a more intense reaction to this procedure:

***Saint John's Wort Phenothiazines***

***Griseofulvin Sulfonamides***

***Thiazide Diuretics Sulfonylureas***

***Quinolones Tetracyclines***

* + If it is okay for you to stop them, it must be at least 48 hours before treatment.
	+ If you are unsure if you use any of these types of medications, please contact our office.
* Do not undergo treatment with PDT if you:
	+ Have photosensitivity (extreme reaction of skin to sunlight)
	+ Have porphyria or sensitivity to porphyrins
	+ Have sensitivity to the ingredients in Ameluz® gel
	+ Are pregnant or breastfeeding

**ON THE DAY OF TREATMENT:**

*What to expect:*

* On the day of the treatment, arrive at your scheduled appointment time.
* Please come to the office with clean skin and the treatment area(s) free of any makeup, creams, perfumes, or lotions.
	+ **DO NOT shave the area to be treated on the morning of your treatment. If you need to shave the area, please do so on the day or night before.**
* You will be brought into the room where we will conduct your pre-treatment interview and fill out your consent forms. The treatment area(s) will be de-greased with rubbing alcohol in preparation for the application of the gel.
* Dr. Smith will then examine the treatment area(s) and apply the Ameluz® gel.
* After the application, the treatment areas will be occluded (except face), and the medication will need to incubate for 1 hour – 2 hours. During this time, you are not allowed to leave the office, so please bring something with you to occupy yourself during this time.
* After the incubation time, you will be brought back into the treatment room where Dr. Smith will shine the BF-Rhodo LED® red light on the treatment area(s).
* The treatment time will last no more than 10 minutes per treatment area.

*What to bring with you:*

* A current medications list including all prescribed medications, over the counter, vitamins, etc. This will be reviewed by Dr. Smith prior to your treatment.
* Bring something to occupy yourself during your wait time in between the application of the gel and the light exposure.
* Bring sunglasses, a wide-brimmed hat (we have some hats in office if you do not have one to use), or something to cover the treatment area.
	+ **If you are having an area treated other than your face or scalp, please bring the appropriate garments to wear during the procedure as well as on the way home, as these items will not be provided for you.**

**Examples: If we are treating the décolletage (chest), please wear or bring a tank to change into as well as a button-down shirt or something with a higher neckline to wear home. Arms and hands will require a short-sleeved shirt during the procedure and a long sleeve shirt to go home in. Cotton gloves are recommended to go home in as well.**

* We will provide sunscreen for after the treatment however, if you have a preference or an allergy to certain sunscreens, please feel free to bring your own.

**AFTER TREATMENT:**

*Instructions for After Treatment:*

* Plan to go directly home after your treatment.
* 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.