



Bradley T. J. Straka, MD
Kristina A. Kleven, MD

2607 N Grandview Blvd, Ste 125
Waukesha, WI 53188
262-290-4540
HighlanderDermatology.com

POST TREATMENT INSTRUCTIONS FOLLOWING PHOTODYNAMIC THERAPY

Following your treatment today, your skin may feel as if it has a sunburn. It may be red, swollen, warm, sore and tight. In the days to follow, you may experience peeling or crusting of the target areas that are effectively being treated with the procedure. Please do not pick at these areas. Allow them to heal. Picking at the skin could cause an infection, which may lead to scarring or pigment changes. The best thing for you to do is to continue to hydrate the skin with quality moisturizers.

Applying cold compresses several times throughout the day will help to reduce the discomfort. Placing damp washcloths in the freezer is a simple way to have compresses at hand. Follow this with over-the-counter hydrocortisone cream while the skin is still damp. Moisturize. And, don't forget...

USE SUNSCREEN!!!!

Sun avoidance and staying away from any direct interior lighting is imperative following the treatment, especially the first 48 hours.

It is realistic to expect downtime to last a week, in some cases, maybe more. It took a while for your skin to reach the condition where it requires this treatment, so allow plenty of healing time as well.

By all means, if there are any questions or concerns, call our office.