



DERMATOLOGY LLC

75-5995 Kuakini Hwy. Suite 443, Kailua Kona, Hawaii 96740

Phone 808-323-2608 Fax 808-885-9793

Photodynamic Therapy (PDT) Pre and Post Treatment Care Guidelines

Before Treatment:

- Bring clothing that fully covers the treatment area (e.g., gloves, long-sleeve shirt, wide-brimmed hat, scarf, etc.).
- Be sure to read the *After Treatment* instructions below ahead of time, to properly plan for the days following your treatment.
- Please notify the office if you have a history of HSV so we can offer prophylactic treatment.
- Please notify the office if you are taking any of the following medications: St. John's Wort, Griseofulvin, Thiazide diuretics, Sulfonylureas, Phenothiazines, Sulphonamides, Quinolones or Tetracyclines

Treatment:

Patients undergoing treatment with AMELUZ® (aminolevulinic acid hydrochloride) topical gel, 10%, in combination with photodynamic therapy using the RhodoLED® XL lamp can expect a multi-step process aimed at treating actinic keratoses. AMELUZ® works as a photosensitizing agent, applied topically to the affected areas, followed by a light-activated treatment. The procedure involves preparation of the lesions, application of the gel, possible occlusion, and illumination with the designated light sources.

After Treatment:

- **Avoid Sunlight and Bright Lights for 48 Hours:** Stay out of direct sunlight and avoid bright indoor lights, including fluorescent and incandescent lighting. This also means staying away from windows.
- **Limit Time in a Car During the Day:** Avoid being in a car while the sun is out for the first 48 hours.
- **Daily Sunscreen Use:** Apply broad-spectrum SPF 50-100 sunscreen every day.
- **If You Must Go Outside in the First 48 Hours:** Apply a thick layer of sunscreen to treated areas in addition to covering the areas with clothing. Reapply sunscreen every hour. Use an umbrella, wear a wide-brimmed hat, and cover your head, face, ears, and neck. Failure to do so could lead to pain or severe reactions.
- **Treat Areas Like a Sunburn:** The treated skin will be red and may peel, similar to a sunburn.
- **Cleansing and Moisturizing:** Shower and wash the treated area normally using gentle liquid cleanser such as Elta MD Skin Recovery Amino Acid Foaming Cleanser for the face

or CeraVe/Cetaphil for the body. Until the treated area is fully healed, avoid products that may irritate or exfoliate the skin, such as salicylic acid, benzoyl peroxide, glycolic acid or retinol. Keep the skin moisturized (especially in dry and crusted areas) with a gentle moisturizer such as Elta MD Moisture Seal and Elta MD Barrier Renewal Complex.

- **Limit Sun Exposure for 5 Days:** Minimize your time in direct sunlight for the next 5 days.
- **Keep Skin Moisturized:** Use ointments like Vaseline to keep the skin moisturized, especially on crusty areas. Avoid products that could irritate or exfoliate.
- **Makeup Application:** You can apply makeup after 3-4 days.
- **Avoid picking or touching the treated area as much as possible**

Possible Side Effects After Treatment:

- **Burning or Stinging:** This sensation may last up to 24 hours.
- **Redness, Swelling, Tenderness:** The skin may feel tender, and you may experience peeling or flaking.
- **Swelling Around Lips and Eyes:** Temporary swelling in these areas may occur for a few days.
- **Pigmentation Changes:** Dark spots may temporarily darken before peeling off, revealing healthier skin. This process can take 7-10 days.
- **Increased Redness or Swelling:** Some people may have more pronounced redness or swelling than others.
- **Recovery Time:** These effects typically resolve within 5-10 days, and complete healing is expected within 3-4 weeks.

How to Relieve Symptoms:

- **For Swelling:** Apply 1% Hydrocortisone cream/ointment or (such as Koru Soothe product)
- **For Burning or Tingling:** Use cool compresses or a vinegar and water soak to relieve discomfort:
 - Mix 1 tablespoon of white vinegar with 1 cup of cool water.
 - Soak a washcloth and apply it to the treated area as needed.
- **For Pain or Swelling:** Take Tylenol or Advil as directed on the package.

Contact Us If You Experience Any of the Following:

1. Severe pain
2. Open or oozing skin
3. Blisters
4. A temperature higher than 100.5°F
5. Hives

If you have concerns or need further assistance, please call our office at 808-323-2608.