

**Guam Dermatology Institute**

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Photodynamic Therapy (PDT) Post Treatment Instructions

What to expect during PDT treatment:

• Your skin will be cleansed with acetone to enhance penetration of the Ameluz.

• The Ameluz will be applied to the treatment area – you may experience tingling/mild burning. The Ameluz is a clear liquid - there will not be any visible sign of anything on your skin while you sit during the incubation period (60-120 minutes).

• Duration of thePDT light treatment will be 10-30 mins. During treatment you may experience tingling, stinging, burning, or itching. These symptoms are typically mild and improve after the first 6 minutes of treatment. The extent of discomfort will depend on the amount of sun damage and AKs that you have. We have fans to help with discomfort.

• After the light treatment, a thick layer of sunblock will be applied to the treatment area. Wear protective clothing and go straight home.

Instructions Following PDT Treatment:

• If your face and ears were treated, you must stay indoors for 48 hours and avoid exposure to bright light for the first 48 hours. This includes direct or indirect sunlight, such as being outside or sitting close to a window while indoors, lamps, overhead lights. Wear a thick layer of sunblock that has at least SPF 50 and contains Zinc Oxide or Titanium Dioxide during the first 48 hours. If your scalp, hands, arms were treated, follow strict sun protection precautions (wear sunscreen and protective clothing) but you are not restricted to staying indoors for 48 hours.

• Wash your skin with a mild cleanser such as Cetaphil Gentle Cleanser or CeraVe Cleanser once to twice a day. Use pure Vaseline or Aquaphor in the evening to minimize crusting. Reapply emollients such as, Vaseline/Aquaphor, CeraVe, or Cetaphil Cream, frequently during the day to soothe and hydrate the skin.

• During the first 24-48 hours, your skin may appear red and swollen or “hot” like a sunburn although it is not an actual burn. Swelling is not uncommon the first day or two after PDT and can be lessened by taking an anti-histamine. Application of frozen peas in their bag, cool packs, or ice every five to 15 minutes every hour for the first eight to 24 hours after your procedure may be very soothing. Swelling may be more common around the eyes or lips. Sleeping propped up on a few pillows or in a reclining chair may help decrease swelling after treatment of the face.

• After 24-48 hours, your skin may start to peel. This may vary from no peeling or redness at all to severe peeling. Peeling may last up to 7 -10 days. Some patients do not have any redness or peeling which is normal – it does not mean the treatment was not effective. If you have peeling, DO NOT pick at peeling skin, scale, or crust – picking increases the