

Pamela L. Meyer, DO, PC

32 Kichline Ave. Hellertown, PA 18055

(484) 851-3000

Photodynamic Therapy Post-Treatment Instructions

“Blue Light”

The expected effect of the therapy is to see an intense “sunburn” like reaction, which may be red and itchy, with swollen skin that may develop scaling and scabbing. Peeling may also occur after 3-4 days. Over the next several days to weeks, you will see the skin heal with softer, smoother, and firmer texture, the appearance of less discoloration and uneven skin tone. Permanent scarring or disfigurement DOES NOT occur with this treatment. Not following instructions may result in unexpected outcomes.

DAY OF TREATMENT AND 1 DAY FOLLOWING TREATMENT

- **WEAR** sunscreen (SPF 45-55) and sun protectant clothing for your journey home
- **STAY** indoors and away from windows
- **APPLY** cold packs, high quality moisturizer all over, topical aloe gel to any burning or blistering spots. For severe reactions, apply a soft cloth moistened with a mixture of 1 Tbsp white vinegar in 1 cup of cold water for 20 minutes, 4-6 times a day.
- **TAKE** over the counter pain reliever of choice as directed or desired
- **AVOID** direct and indirect sunlight, picking or manually traumatizing skin, anti-aging or anti-acne topical medications or treatments, facials, masks, scrubs, astringents, toners, washcloths.
- **WASH** 1-2 times daily with a mild cleanser and fingertips

EACH DAY AFTER

- **WEAR** sunscreen (SPF 45-55) and sun protectant clothing
- **APPLY** high quality moisturizer throughout the day
- **WASH** 1-2 times daily with a mild cleanser and fingertips
- **AVOID** direct and indirect sunlight, picking or manually traumatizing skin, anti-aging or anti-acne topical medications or treatments, facials, masks, scrubs, astringents, toners, washcloths. Do not manually peel the skin or pick at the scabs.