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Photodynamic Therapy Pre-Treatment Instructions

“Blue Light”

The use of Levulan/Aminolevulinic Acid 20% with blue wavelength 405nm is approved by the FDA for the treatment of Actinic Keratoses or “precancerous” lesions. The benefit to preventively reducing these lesions is to decrease the incidence of squamous cell carcinoma.

This treatment may also give additional benefits of minimizing pores, reducing oil glands, treating acne, reducing acne scars, as well as reducing the overall sun damage accumulation. It may result in smoother, softer skin and a more even skin tone.

BEFORE YOUR TREATMENT DAY

- **INVEST** in sun protective gear that you will bring for the day of treatment
- **SCHEDULE** 2 days to be isolated immediately after treatment in order to avoid direct and indirect sun
- **FREEZE** cold packs or other comfort care requirements for at home, such as aloe gel, in the refrigerator
- **PURCHASE** over-the-counter pain reliever such as Tylenol or Aleve

DAY OF TREATMENT

- **CLEAN** your skin to be treated with a mild cleanser
- **DO NOT** apply lotion, moisturizer, sunscreen, makeup, aftershave, micellar water, acne treatments or any other “leave-on” product
- **BRING** a wide brimmed hat or other physically protective clothing items, sunscreen of choice (at least SPF 45), and sunglasses (you will be provided a hat and sunscreen if your items are not satisfactory)
- **HAVE AVAILABLE** something to occupy your time while you are “incubating,” if desired, such as reading material, your phone or crossword puzzles. If you are bored, we will find something for you to do!