

Wichita Dermatology & Aesthetics
1911 North Webb Road
Wichita, KS 67206
316-682-7546

PATIENT CARE INSTRUCTIONS FOR PHOTODYNAMIC THERAPY
(PDT, Blu-U, Blu Light)

TWO Days Prior to Treatment:

You must avoid excessive sun exposure for 48 hours prior to your appointment.

Antiviral medications:

Start your **acyclovir** the day before your treatment, if it was prescribed.

Take your **valacyclovir** the morning of your treatment, if it was prescribed.

When you come to the office the day of treatment:

1. Bring a hat and sunglasses to wear after your treatment. If treating hands/arms, bring a long sleeve shirt to wear home.
2. If we are treating your face, arrive at the office with your face freshly washed.
3. You **MUST** remain indoors and avoid direct sunlight (or bright indoor lighting) for 48 hours after treatment.

First 48 hours following treatment:

1. You **MUST** remain indoors and avoid direct sunlight (or bright indoor lighting) for 48 hours after treatment.
2. Apply Aquaphor, or prescribed ointment, after treatment as needed.
3. You may take a shower or wash the areas treated anytime following treatment. Men should not shave if their skin is very irritated.
4. Wash only with a mild cleanser. Pat the area gently to dry. Apply Aquaphor or prescription ointment.
5. You may apply frozen bags of peas or ice packs to the area to help with any swelling or discomfort.
6. Avoid make-up during the first 48 hours.
7. Take Tylenol or Advil as necessary. Any discomfort usually goes away by day 3
8. If your face was treated, elevate your head on two pillows while sleeping to reduce swelling.
9. If blistering or crusting should occur, soak the areas with a solution of 1 teaspoon white vinegar in 1 cup ice water for 20 minutes. Ice can be applied directly over the soaks. After the soaks, pat dry and apply Aquaphor. This can be done every 4-6 hours.

After 48 hours, continue until healed:

1. Apply **SUNBLOCK containing Zinc Oxide or Titanium Dioxide** every morning. Reapply every 90 minutes during outdoor activities.
2. Redness and peeling is usually gone in 3-5 days, but may last up to 2 weeks.
3. Skin may feel dry and tightened. Do not scratch, pick or rub the area. Use Aquaphor to moisturize as needed.
4. Do not resume acne products, retinoids or glycolics until redness and irritation have subsided.
5. Make-up may be applied if there are no open wounds.

REPEAT TREATMENT IN 4-6 WEEKS. If you have any questions or concerns, please call our office at 316-682-7546.