

GREENSBORO DERMATOLOGY ASSOCIATES, PA

Patient Information PDT BEFORE TREATMENT

Before Photodynamic Therapy (PDT) Treatment

- Stop all skin care products with retinol, tretinoin or glycolic acid 1 week before treatment.
- If desired, shave treatment area **NO LATER** than the night before treatment. This prevents added discomfort during treatment.
- If your face is going to be treated, **DO NOT** wear any makeup, lotion, or skin care products to the appointment.
- Please bring appropriate sun protective attire for the area being treated:
 - Face - Wide brimmed hat.
 - Scalp - Any type of hat that completely covers your scalp.
 - Arms/hands - Long sleeve shirt or jacket and gloves.
 - Legs/feet - Long pants and shoes that will cover the tops of your feet.
- Please notify our office if the areas to be treated have been sunburned 1 week or less prior to treatment.

After Photodynamic Therapy (PDT) Treatment

- Avoid sun exposure to the treated area for 48 hours. Sun will make the redness and discomfort significantly worse.
- Following your PDT treatment, it is common to experience red and scaly skin for 1-2 weeks. Although rare, if you develop blisters, yellow (honey) crusts, or have any areas that are draining pus or bleeding, please notify the office.
- Swelling is a normal side effect which should be treated by applying an ice pack wrapped in cloth to the affected area.
- If you have pain or discomfort, you may take Ibuprofen (400 mg every 6 hours) or Tylenol (650 mg every 6 hours) unless you have a contraindication to taking either of these medicines.
- While healing, use a gentle skin cleanser such as Dove, Cetaphil, or CeraVe.
- Apply a gentle moisturizing cream, lotion, plain Vaseline or Aloe gel to the treated areas. **DO NOT** use antibiotic ointments like Neosporin or Polysporin. We recommend the daily use of sunscreen with at least an SPF 30 with UVA and UVB protection while healing.
- Avoid use of skin care products with retinol, tretinoin or glycolic acid following the procedure.
- Expect a nurse to call and check on your progress the day after your treatment.