



Tel (281) 332-9682 | Fax (281)332-5957 | [www.ClearLakeDerm.com](http://www.ClearLakeDerm.com)

## PRE/POST CARE FOR PHOTODYNAMIC THERAPY

### PLANNING FOR YOUR TREATMENT & EXPECTATIONS

- Plan to stay indoors, away from any direct, indirect sunlight or strong indoor lighting for the first 48 hours after the treatment unless instructed otherwise by your Provider.
- Avoid medicated and or active products for 3-5 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products.
- Normal skin reactions are redness, crusting, swelling and dryness, which can last up to 2 weeks.
- Bring a large brimmed hat and sunglasses to the appointment to protect your skin after treatment.

### HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

- Be careful with your skin during this healing period. **DO NOT** pick or force off any scabbing.
- Wash your face gently. We recommend: Elta Gentle Cleanser
- Apply physical sunscreen SPF at least 30 + zinc oxide or titanium dioxide directly after treatment.
- **For the first 48 hours you MUST practice strict sun avoidance.** No direct sunlight or indirect sunlight through windows. Strong indoor lighting should also be avoided.
- After the initial 48 hour period, patients may have mild sun exposure with a physical block sunscreen of SPF 30+. We recommend one of the following:
  - Isdin Photo Eryfotona Actinica
  - Elta PM Therapy
  - Any of the EltaMD sunscreens we carry
- Use only gentle skin care products and soothing lotions like Elta PM Therapy or Phyto Corrective gel until skin returns to its normal state. Avoid medicated and/or active products until skin is healed. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone.

- Light makeup may be applied during the healing process.
  - For discomfort, over the counter ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) may be taken. Ice pack compresses can also be helpful.
- 

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider or call the office 281-332-9682.