

## **Photodynamic Therapy (PDT) Post Treatment Care**

### **Tips for post treatment care:**

1. Avoid sunlight or bright indoor lighting for the next **40 hours**.
2. Sunblock does not protect your skin during this time frame.
3. Keep skin well moisturized with a gentle moisturizer.
4. Use cool compresses as needed for swelling.
5. Acetaminophen or Ibuprofen may be taken according to the manufacturer's recommendations for redness and discomfort.
6. Daily use of 30 SPF or higher with Zinc Oxide is recommended.
7. A once daily antihistamine is recommended for 1 week after treatment.

### **After treatment you may experience the following:**

1. Peeling or flaking skin
2. Redness
3. Dark spots
4. Swelling
5. Stinging/burning (usually lasts 24 hours)
6. Tenderness

*\*These effects usually resolve in 5-7 days and will be completely resolved in 3-4 weeks.*

### **Please contact the office if you experience any of the following:**

1. Severe pain
2. Open weeping skin
3. Blisters