



PDT (Light) Therapy Aftercare Instructions

INSTRUCTIONS: Please Read and Follow These Instructions After Your Light Therapy

- Avoid exposure to sunlight for at least the first 48 hours. This includes direct and indirect sunlight, such as being outside or sitting close a window while in doors.
- Wear a thick layer of sun block that has at least SPF 30, especially during the first 48 hours. Our office will provide you with an application of sun block before leaving the office. Our office carries medical grade sun block that would be beneficial to your aftercare procedure. If you are interested you may purchase the day of treatment.
- Wear a wide-brimmed hat if you will be going outside in the first 48 hours after treatment.
- Wash your skin with a gentle/mild cleanser such as Cetaphil Gentle Cleanser or Cerave Mild Cleanser once or twice daily.
- It is okay to take acetaminophen or ibuprofen for pain/inflammation unless directed otherwise by your primary care physician.
- Your skin may appear red and swollen. It may feel like your skin is burning, itchy, or "hot" like during the first 24-48 hours. While this may feel like a sunburn, it is not an actual burn. For redness and swelling, oral antihistamines may helpful (Allegra, Zyrtec or Claritin during the day and Benadryl at bedtime).
- After 24 hours, your skin may start to peel. This may vary from mild to severe peeling. Any amount of peeling is considered normal after treatment.

After the procedure, we will prescribe you a topical steroid to apply at home to help resolve irritation. Most commonly we prescribe Triamcinolone ointment which can be applied twice daily for 1-2 weeks. Do not use longer than 2 weeks. Please call our office if you need a prescription.

Patient Signature and Date: