

Photodynamic Therapy Aftercare

Post Treatment Instructions:

1. You are very sun sensitive for 48 hours after your treatment! **AVOID SUNLIGHT, EVEN THROUGH A WINDOW, AND BRIGHT INDOOR LIGHTING FOR 48 HOURS.**
2. Sunscreen with at least SPF 30 and zinc oxide should be applied daily.
3. If you do go outside, wear sun blocking clothing and hats. Sunscreen does not protect you enough after your light treatment.
4. Keep skin moisturized and cool. Cool compresses or spritzing with cool water will help to minimize swelling and pain. Vaseline can also be soothing and protective.
5. Tylenol or Advil may be taken according to manufactures' recommendations as needed for redness and/or discomfort.
6. If any areas become crusty or sore you can dilute 1 tablespoon of white vinegar in a pint of cool water and then use this mixture on a cotton ball or gauze to create a soothing compress. You can apply this treatment 3-4 times per day as needed.

Some redness and irritation is completely normal.

If you develop any other following call the office at 205-682-8022:

1. Severe pain
2. Open sores or weeping areas
3. Blisters