

Photodynamic Therapy (PDT)

What to Expect During and After Your Procedure

During your procedure:

- The area being treated will be prepped with Vibradermabrasion to exfoliate the skin, and then wiped with an acetone solution to strip the skin's barrier so that the Levulan can penetrate more efficiently.
- Once the Levulan is applied you will incubate for 1 - 3 hours depending on your doctor's recommendation.
- When your incubation period is over you will wash the Levulan off and your physician will begin the laser portion of the procedure. You will be treated with 1 - 2 lasers depending on your doctor's recommendation.
- Your eyes will be protected.
- You will feel the sensation of heat (similar to grease "splattering" or rubber band "snapping" against your skin).
- Cold air is applied directly to the skin as it is being treated to help decrease sensation of heat.
- After the laser(s) you will lay under a combination of a Red & Blue Light for 15 minutes per area. You will feel the sensation of heat, similar to a sunburn, which may intensify during treatment.
- Your skin will be cooled with cold air as well as a cool mist during your treatment to minimize pain.

After your procedure:

- Moisturizer & a generous amount of sunscreen will be applied to treated area after your procedure.
- When you leave our office you will need to be shielded from the daylight as much as possible (hat, sunglasses, scarf, etc.) especially if you are driving yourself. If you have someone to drive you then we suggest you sit in the back seat with something covering your face.
- YOU MUST AVOID SUNLIGHT AND REMAIN INDOORS FOR THE REMAINDER OF THE DAY OF TREATMENT AND THE ENTIRE FOLLOWING DAY. This includes avoid sitting by a window, skylight, or even opening your front door.
- Sensation of heat/sunburn (will subside over the next few days). OK to take Tylenol or Ibuprofen.

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- Redness & mild swelling will occur immediately after treatment. These symptoms typically peak at 48 - 72 hours, with the redness lasting up to a week. To help minimize swelling you can use ice packs and sleep with your head slightly elevated.
- Superficial peeling and/or crusting is normal & could last up to 1 week.
- If you are being treated for acne, you may experience purging which will resemble pimples or a bad breakout. Do not try and extract or “pop” them, they will subside over the next few days.
- NO RUBBING, PICKING OR WIPING THE TREATMENT AREA.
- Wash the treated area twice a day with a gentle cleanser. DO NOT use a washcloth or the Clarisonic to cleanse for one week.
- Apply moisturizer as often as needed to help with dryness.
- When you are able to go outside apply a sunscreen with Zinc Oxide &/or Titanium Dioxide. Protect the treated area from the sun both indoors & outdoors (hat, sunglasses, sunscreen).
- Medicine is not an exact science, and there can be no guarantees of your results. It is always a possibility that you may not get the desired result after one treatment. Additional treatments may be necessary to achieve optimal desired results.
- Follow any additional specific post treatment instructions from your physician.
- Follow up with your physician in _____ days/weeks.

Please contact our office if you have any questions or concerns at (858) 657-1002.