

Photodynamic Therapy (PDT) What to expect during and after your procedure

During your procedure:

- The area being treated will be exfoliated, and then wiped with an alcohol solution to enhance the penetration of Aminolevulinic acid (ALA).
- Once the ALA is applied, you will incubate for 1-3 hours depending on your Physician's recommendation. The area may be occluded with plastic wrap.
- When your incubation period is over, the ALA will be washed off and your Physician will begin the laser portion of the procedure. You will be treated with 1-2 lasers depending on your Physician's recommendation.
- Your eyes will be protected.
- You will feel the sensation of heat (like 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 the 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, like 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 and a generous amount of sunscreen will be applied to the 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. If you have someone to drive, then we suggest you sit in the back seat with something covering your face.
- **YOU MUST AVOID SUNLIGHT AND REMAIN INDOORS THE DAY OF TREATMENT AND THE ENTIRE FOLLOWING DAY.** This includes avoiding sitting close to a window.
- Sensation of heat/sunburn (will subside over the next few days). It is OK to take Tylenol or Ibuprofen.
- Redness and 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. Application of ice packs (10 min. on and 10 min. off) on the day of and the day after the procedure will also help to minimize swelling.
- Superficial peeling and/or crusting is normal and could last up to 1 week.
- If you are being treated for acne, you may experience purging which will resemble pimples/acne lesions. 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 for one week.
- Apply moisturizer as often as needed to help with dryness.
- When you can go outside, apply sunscreen with Zinc Oxide and/or Titanium Dioxide. Protect the treated area from the sun both indoors and outdoors (hat, sunglasses, sunscreen). Reapply sunscreen every 2 hours.
- Medicine is not an exact science, and there are 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 desired results.
- Follow any additional specific post treatment instructions from your Physician.

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

Recommended Products: Instructions:

Cleanser _____

Moisturizer _____

Sunscreen _____

Miscellaneous _____

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____