



## **What to Expect After Your PDT (Blue Light) Treatment:**

Over the next 1-4 weeks, the treated skin will be pink/red. You may see bruising. If you see any blisters or yellow/honey-colored crust on your skin, please call our office immediately. The extent of your response to the treatment will depend on the sensitivity of your skin and the severity of your sun damage.

The treated area might “crust” or “flake”. Any areas that become crusted are likely pre-cancerous areas that have been successfully treated. Some crusting and scabbing is considered a good result. However, you can have minimal crusting and scabbing and still obtain a “good result.” This should resolve completely within 1 to 4 weeks (usually within 1 week).

Your skin will be more sensitive for a few days up to a couple of weeks after your treatment. There should be some discomfort, but no significant pain.

After 1 week, your skin should be mostly smooth, but may still be pink. This pinkness should gradually resolve and may be covered with make-up.

### **Special precautions after your Blu-U (PDT) treatment:**

Wash affected areas with gentle cleanser and water, pat dry, and apply a heavy moisturizing cream or Vaseline several times a day for the first several days as needed.

**STAY INSIDE** and keep the treated area not only away from sunlight but also any bright lights for 48 hours. Exposure to the sun within this time period can lead to a severe blistering burn in the areas that were treated.

If outdoor exposure sun or bright lights are unavoidable, wear a hat with a brim, cover your face with a scarf, wear large sunglasses and use sunblock. Sunblock alone is **NOT ENOUGH PROTECTION** to prevent a burn in the first 48 hours after treatment since the Levulan is activated by visible light, not ultraviolet (UV) light. Examples of sources of strong visible light exposure: dentist exam lights, sitting by windows, driving a car during daylight, bright reading lamps.

You should apply a physical sunblock every two hours to the treated areas for at least 4 weeks following treatment regardless of the time of year or if it is overcast or cloudy. Sun exposure may lead to the production of blotchy dark pigmentation which may take several months to fade.

Avoid excessive heat exposure such as saunas, steam rooms, hot showers or baths, overhead doctor/dentist exam lights and strenuous exercising for 24 hours. This

minimizes the risk of blistering.

You can return to normal activities immediately after treatment, as long as you avoid bright light and sunlight for 48 hours.

Avoid any aggressive skin care products such as scrubs, exfoliants, alpha or beta hydroxy acid products – including retinol/retinoids (topical vitamin A products) until your skin has completely returned to normal.

Keep clothing from rubbing or irritating the treated area .

Do not get hairspray on the treated area.

Notify the office if you have any redness, excessive puffiness, or other unusual side effects that last **longer than one month**.