

What to expect after your PDT (Blue Light) Treatment

- Over the next 1-4 weeks, the treated skin will be pink/red. You may notice bruising, crusting, slight blistering and flaking of the skin. If you see any blisters that are yellow/honey-colored crust on your skin, please call our office immediately (This could be signs of infection). The extent of your response to the treatment will depend on the sensitivity of your skin and the severity of your sun damage.
- The most common reaction to treated areas are “crusting” or “flaking”. Any areas that become crusted are likely pre-cancerous areas that have been successfully treated. Some crusting and flaking is considered a good result. However, you can have minimal crusting and flaking and still obtain a “good result.” This should resolve completely within 1 to 4 weeks (for most patients, this resolves within the first week).
- Your skin will be more sensitive for a few days 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

- **First 96 hours (4 days):** Once a day, clean the treated areas using clean hands (no loofahs and/or wash cloths) with a gentle cleanser and luke warm water, then pat dry. Apply a gentle moisturizer and sunscreen every two hours while awake, starting two hours after appointment. Use Vaseline as needed.
- **STAY INSIDE** and keep the treated areas not only away from sunlight but also any bright lights for 96 hours. Exposing the treated areas to direct and indirect light within this time period can lead to a severe blistering reaction in the areas that were treated.
- If exposure to sun or bright lights are unavoidable, wear a hat with a brim, cover your face with a scarf, wear large sunglasses and use 30+ sunblock. Sunblock alone is NOT ENOUGH PROTECTION to prevent a burn in the first 96 hours after treatment since the Levulan is activated by visible light. Examples of sources of strong visible light exposure: dentist exam lights, sitting by windows, driving a car during daylight, bright reading lamps.
- **For treatment of extremities;** do NOT wear ANY jewelry for 3 days. This treatment may cause swelling. Wearing jewelry will prevent loss of circulation and can lead to possible amputation.
- Avoid excessive heat exposure such as saunas, steam rooms, hot showers/baths and strenuous exercising for 96 hours. This minimizes the risk of blistering.
- You can return to normal activities immediately after treatment, as long as light exposure is avoided as stated above.
- **Day 5-30:** Wash and moisturize at least once daily. As recommended by the American Academy of Dermatology, regardless if Blue Light treatment is performed you should always apply sunscreen every 2 hours while outside regardless if you have the Blue Light treatment.
- Avoid any aggressive skin care products such as scrubs, exfoliants, alpha or beta hydroxy acid products – including retinoids until your skin has completely returned to normal.
- Keep any clothing from rubbing the treated area.
- Do not get hairspray or perfume on the treated area.
- Do not apply any adhesive bandage to the treated area of 4 weeks.
- Notify the office if you have any redness, excessive puffiness, or other unusual side effects.