

NORTH METRO DERMATOLOGY

Photodynamic Therapy Preparation (aka "Blue Light" or "PDT")

Before your treatment:

- Be sure to tell your dermatologist if you have a history of cold sores. You may need to pre-medicate prior to your treatment.
- Notify your dermatologist of all prescription and OTC medications you are taking as some medications may cause photosensitivity.
- Plan to avoid sunlight and artificial forms of light for 48 hours following treatment.
- If instructed, follow specific skin prepping guidelines for indicated time frame.
- Bring a hat or other sun protective clothing to your treatment for use immediately following treatment.
- Plan for a 90–120 minute visit and feel free to bring something to read.

What to expect during treatment:

- Treatment area will be cleansed, and then the Levulan topical solution will be applied. Plastic wrap may be applied to the scalp, arms, or hands to allow the Levulan solution work more effectively. Solution will incubate and remain on the skin for 60-120 minutes. In most cases, you will not feel anything though some report a bit of stinging.
- Once your incubation time is complete, a nurse or medical assistant will position the blue light unit over the area to be treated and the light will be turned on. You will wear a set of safety goggles to protect your eyes from the light.
- Total light application time is 16 minutes and 40 seconds. It is not uncommon to experience stinging and/or burning. You will be provided with a cooling device to help reduce the discomfort. Treatment can be stopped at any time if it is determined the treatment is too uncomfortable, however, most people are able to tolerate the procedure.
- When the light treatment has been completed, the area will be cleansed, and a zinc-based sunscreen with moisturizer will be applied.
- **YOU MUST COVER THE AREA WHEN LEAVING THE CLINIC AND FOR THE NEXT 48 HOURS FOLLOWING. REMEMBER TO WEAR LONG SLEEVES (OR BRING SOMETHING WITH LONG SLEEVES), GLOVES, OR A WIDE BRIMMED HAT FOR PROTECTION OF YOUR TREATMENT AREA.**



After your treatment:

- Plan for your skin to look and feel like a sunburn for up to 48 hours after treatment. Common side effects include redness, swelling, stinging, dryness, and itching. Peeling is also common which can begin 24 hours after treatment. Side effects usually subside within one week, though can take up to four weeks to resolve.
- Avoid all sunlight and artificial light exposure as much as possible for 48 hours following treatment (this includes sitting close to TV and computer screens).
- Continue to wear protective clothing to cover the treatment area.
- Wear sunscreen with SPF rating of 30 or higher that contains at least 5% zinc oxide until skin is well healed. We recommend EltaMD or NMD sunscreen (available for purchase at our clinic) or Vanicream sunscreen (available at most drugstores).
- Apply moisturizer as often as needed to prevent and relieve dryness. We recommend Skin Wise Organics Soothing Barrier Ointment (available for purchase at our clinic).
- Gently cleanse skin twice daily with water and gentle cleanser (we recommend unscented Dove, Vanicream, Cetaphil, Skin Wise Organics Gentle Cream Cleanser, or EltaMD Dermal Wound Cleanser).
- Acetaminophen or Ibuprofen can be used to relieve discomfort and inflammation.
- Plan for a follow up visit approximately 4-6 weeks following treatment.

Please contact our office if you have any questions or concerns.

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