

(PDT) Photo Dynamic Therapy

1. For the next 36 – 48 hours, stay out of the sunlight and stay away from windows and bright fluorescent lights as much as possible.
2. For the next 7 days, it is very important to avoid contact with chemicals, preservatives, herbal ingredients and fragrances in the treated area.
3. Today and tomorrow, stay covered at all times (including sleep) with chemical-free sunscreen. You may wash the treated area with chemical-free cleanser but immediately re-apply the chemical free-sunscreen.

*Chemical free sunscreens are available in our office for purchase at a discount 20% off on the day of your PDT.

4. Metrogel, Biafine, Protect Elta Moisturizer , Topix Moisturizer/Green tea Serum or White Petrolatum can be used but all other skincare product should be used with chemical-free cleanser.
5. Warmth, some redness and swelling may develop in sun damaged areas. Oral antihistamine such as Benadryl or NSAIDS such as Advil are helpful but do not use topical cream/ointments other than those mentioned above. Icepacks/cool compresses can be helpful.
6. Please ask staff if you need an icepack or a sunhat before you leave.