

Home Care Instructions For Photodynamic Skin Rejuvenation (ALA/PDT)

GET READY:

- After your treatment you will need to stay out of direct sun for at least 1-2 days and prolonged sun exposure for at least 3-4 weeks.
- Rent some movies to watch following your treatment.
- If you have friends doing the same treatment, it is helpful to socialize together following your treatment.
- If you are having your face treated, be sure to bring a large hat, or something to block the sun on your trip home following your treatment.
- Have white vinegar and a spray bottle of water available – helps reduce any stinging sensation (like a sun burn) you might have following the treatment. Mix 1 teaspoon of white vinegar in a small spray bottle of water.
- Get your prescription for Valtrex filled if you have a history of cold sores.

DAY OF TREATMENT:

- If you have a history of recurring cold sores (Herpes simplex type I), the morning of your treatment start oral Valtrex 500mg tablets, two tablets per day for three days.
- Bring a large hat, cap, scarf or umbrella to your appointment.
- If possible, try to arrive without make-up. When you arrive, the area to be treated will be thoroughly cleansed. If needed, the area to be treated might be given a microdermabrasion treatment prior to the application of Levulan. This will be followed by an aggressive acetone scrub.
- The Levulan will be applied and left on until the agreed upon time for the light treatment. This is a good time to take an analgesic such as Advil or Tylenol.
- If the light treatment is IPL the Levulan will be washed off, if the light treatment is the ClearLight, the Levulan will be washed off after the light treatment.
- Once the light treatment is finished you may appear pink or red.
- Cover your face as much as possible on the drive home. Once home remain indoors and avoid direct sunlight as much as possible.
- Take analgesics as necessary.
- Cool the treated area with your spray bottle of water/vinegar mixture (stored in the refrigerator). If additional cooling is necessary, spray treated area and position yourself in front of a circulating fan.

- If the treated area still stings, add 1-2 teaspoons of white vinegar to 1 cup of cold water and soak the affected area for 20 minutes. You may apply frozen vegetables or ice packs over the soak for additional comfort. Repeat if necessary every 4 hours. Be sure to cleanse the area with the Cleanser and repeat the post cleansing protocol.

DAY 2

- We will call you today. Hopefully you are red and look somewhat like a tomato.
- You may be swollen especially around the eyes and lips. Spraying cold water and using a circulating fan feels great. Frozen peas or corn over wet wash cloths can be used if necessary to reduce swelling and improve comfort.
- If the treated area should continue to itch, apply thin layer of Hydrocortisone 1% ointment or Benedryl. Try to avoid scratching the treated area.
- You may take a shower and gently cleanse the treated area.
- Take analgesics as necessary.
- Avoid sunlight and remain indoors. Watch movies.

DAY 3

- You may start peeling on day 3 or day 4. Do NOT peel off loose tissue, let it come off naturally.

DAY 4-7

- Many patients start peeling on day 4.
- Once you start aggressively peeling you may steam your treated area at home. Steaming the area helps gently lift the dead skin off and leaves your new skin soft and hydrated. Sweating from exercise also helps you finish the peeling process sooner.
- You may begin applying make-up once any crusting has flaked off. The area may continue to “flake” a little or be slightly red for a few weeks because of the fresh new skin.
- During this healing period it is very important to protect your new skin. We recommend applying **SPF 30 broad-spectrum sunblock**. This protocol reduces the redness, calms the skin and gives additional sun-block protection.
- Once you have peeled or nearly peeled, call our office to make an appointment for post peel pictures.
- If you have any problems or concerns, please call our office at 214.521.5277. If you reach our after-hours answering service tell them you have an emergency and they will contact William A. Moore immediately. We want to assist you.