



SHADES VALLEY

DERMATOLOGY

Post-PDT Instructions

PDT is short for photodynamic therapy. Photodynamic therapy is an excellent choice for treating several actinic keratosis so that we don't have to focus on one at a time. This light, along with a chemical called Levulan is applied to the area(s) to help identify and destroy precancerous cells. The result is a sunburn type feeling.

Following PDT, you should avoid any light on treated areas, including sunlight, bright windows, and bright indoor lights for 36 hours. The treatment may cause redness, swelling of the face, and possibly peeling for 2-10 days after treatment.

Use only gentle cleanser and moisturizers. Vaseline or Aquaphor can be used, as well as OTC hydrocortisone for comfort. It also may help to use a cool, wet washcloth on treated areas.

Cold sores may be activated by the therapy, so at the first sign of a cold sore (tingling, burning, or blistering of the lip), call our office for treatment.

- 1) In the mean time you can do Vinegar Soaks:
 - Mix 1 tablespoon of white or yellow vinegar to 8oz of water
 - Soak gauze/washcloth in the solution and apply to wound area 2-3 times a day for 20 minutes, then rinse off
 - Pat dry and apply Vaseline
 - Store solution in refrigerator, discard after one week
 - Continue soaks until follow-up appointment, unless otherwise instructed
- 2) At the end of the treatment, you may apply Vaseline to soothe any discomfort.

PLEASE CALL WITH ANY QUESTIONS OR CONCERNS: (205) 578-1799