

Photo-dynamic Therapy (Levulan & DUSA Blue Light) After-Care Instructions

Photo-dynamic therapy selectively treats damaged skin cells such as pre-cancerous or thin cancerous lesions as well as targets oil glands to treat acne. It works by applying a photo-sensitizing agent directly on the skin, which then gets activated when visible light and oxygen are present. One week after treatment, your damaged/inflamed skin sheds leaving you with new revitalized skin.

Once we have obtained prior authorization from your insurance company, which can take 4 weeks, we will call and schedule the procedure with you at your convenience. PLEASE TELL PROVIDER IF YOU HAVE A HISTORY OF COLD SORES PRIOR TO TREATMENT SO THAT A PROPHYLACTIC ANTI VIRAL MAY BE PRESCRIBED.

- You need to remain indoors and avoid the sun (even through windows) **OR** bright indoor lights for **48hours** since you will experience sensitivity to bright indoor, or fluorescent lights and sunlight for 48 hours after treatment.
- When cleansing affected area, use a gentle cleanser such as Dove, Cetaphil, Cerave, or Siperstein Gentle Cleanser and be sure to reapply moisturizer following each wash. Pat the area dry and **DO NOT RUB OR SCRUB!**
- Apply a physical sunblock (contains Zinc Oxide) every 2-4 hours and wear a wide-brim hat, but please understand that this recommendation is for long-term skin cancer prevention. Sunscreen will **NOT** adequately prevent excess activation of the drug applied to your skin for the Levulan treatment. You **MUST** avoid both direct and indirect sun and bright light exposure for 48 hours after treatment.
- Apply gentle moisturizer twice daily or as needed for dry irritated skin.
- If you have discomfort, apply ice packs or cool water spray mist to treated areas. You may also use over-the-counter Hydrocortisone (Cortaid) to decrease inflammation as well as Aloe Vera with lidocaine.
- Do **NOT** apply anything harsh such as antibacterial soaps, retinoids, or exfoliators for at least 2 weeks. Please check your skincare and avoid the following ingredients: Glycolic acid, Lactic Acid, Salicylic acid, Tretinoin, Retin-A, Adapalene, Tazaratene, Benzoyl Peroxide, or Retinol. Some example products to avoid are Ziana, Differin, Refissa, Veltin, Atralin, Dial, Salex, Glysal, or Amlactin.
- Do not shave until the skin is no longer irritated, red, or feeling sensitive in those areas
- For patient being treated for acne: You may experience worsening of you acne for 1 week. This will resolve on its own. You may use non-comedogenic cleansers and moisturizers. If lasting more than one week please call our office.
- Possible Risks and Complications that should be reported to the office include severe acne-like rash, severe pain, blistering, worsening redness or swelling, darkening or lightening of the skin, ulceration, signs of infection such as yellow green drainage or fever, scarring, severe crusting, or reactivation of cold sores. Boynton Beach 561.364.7774 or Boca Raton 561.955.8885