

Dr. A.G. Erlank Inc. Dr. J.J. Le Roux Inc.

Photodynamic Therapy (PDT) Aftercare

Stay out of the sun and artificial light after your treatment:

- If you go outside in the first 48 hours after treatment, put a thick coating of sunscreen on the treated areas. We recommend a physical sunscreen that contains Zinc Oxide and Titanium Dioxide.
- You should also wear protective clothing and wide-brimmed hats to keep sunlight off the treated areas. Sunglasses should be worn to protect your eyes.
- Use a gentle cleanser to clean the treated area.

Keep your skin well moisturized:

- We recommend patients use Glaxal Lotion to moisturize post procedure. It is best to keep it in the fridge so it has a cooling as well as a moisturizing effect. Do not use any products that may irritate the skin.
- You may use a cool compress for any swelling or lingering burning sensations as needed.
- You may take Tylenol or Advil if you are experiencing any tenderness or pain.

What are the side effects of this treatment?

As everyone responds differently to treatment, patients may experience some side effects. Most side effects will go away within 5 to 8 days. Some of the more common side effects of PDT treatment are:

- Peeling or flaking of the skin (this may last up to 4 weeks).
- Redness and swelling (this may last up to 4 weeks).
- Dark spots (temporary).
- Stinging or burning (typically about 24 hours, although this may last longer).
- If the area treated is in the 'T' zone (around the forehead, nose and eyes), you may experience some swelling in these areas, or on your eyelids on the treated side. This is not very common, but it can occur. Sleeping propped up with extra pillows can help to reduce this. This irritation is caused by a normal soft tissue response to the chemical reaction that has taken place during your treatment.
- Millia or small pimples (rare).
- Open/oozing/leaking skin or blisters
- Temporary and rarely permanent pigment change (darkening or lightening) of the skin.

When should I call the office?

Call the office if you have any of the following:

- Severe pain
- Fever of 100.4°F (38°C) or higher...

If you have any questions or concerns, please call our office at 778-440-8774, or if you are having trouble reaching us over the phone please come in in person.

Please ask us about the products that we recommend for post procedure treatment!

References:

1. NHS Foundation Trust. (2018). *Photodynamic therapy* [PDF file]. Retrieved from <https://www.wsh.nhs.uk/CMS-Documents/Patient-leaflets/Dermatology/6240-1-Photodynamic-Therapy-Aftercare.pdf>
2. Pioneer Valley Dermatology. (2018). *Photodynamic therapy aftercare* [PDF file]. Retrieved from <https://pioneervalleyderm.com/wp-content/uploads/handouts/Photodynamic%20Therapy%20Aftercare.pdf>