

Photodynamic Therapy Aftercare

Stay out of the sun and away from bright indoor lighting for 48 hours after your treatment:

- Limit your time in front of a computer screen and do not watch TV for long periods of time. You should sit at least 10 feet from the TV.
- This includes bright windows, reading lamps, exam lamps like in a dentist office, and fluorescent and incandescent lighting.
- If you need to go outside during the first 48 hours after treatment, put a thick coating of sunscreen on the treated areas. A physical block sunscreen that contains zinc oxide and or titanium dioxide is a good choice (Blue Lizard, Neutrogena Sensitive Skin).
- 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 gentle cleansers like Cetaphil, Aveeno, and Cerave.

Keep your skin well moisturized:

- We recommend use of Cetaphil, Cerave Cream or Vaseline (petroleum jelly). Do not use products that may irritate the skin.
- You may use over-the-counter topical 0.5–1% hydrocortisone (Cortaid), 2 to 3 times a day for redness and irritation. Use for 3 to 5 days, if needed, until the redness goes away.
- You may use a cool compress for any swelling as needed.
- Vinegar and water soaks may help reduce burning and tingling. Mix 1 tablespoon of white vinegar and 2 cups of cool water. Soak a washcloth in the water/vinegar mixture and put on the treated area as needed.
- You may take Tylenol or Advil for any tenderness or pain.

What are the side effects of this treatment?

Everyone responds differently to treatment. Most side effects will go away within 5 to 7 days. Some of the more common side effects of this 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 may last longer).

When should I call the PVD office?

Call the office if you have any of the following:

- Severe pain
- Open/oozing/leaking skin or blisters
- Fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher

...or if you have any questions or concerns: **413-549-7400**.