PIMA DERMATOLOGY

Photodynamic Therapy (PDT) Home Care Instructions

Prior to Treatment:

1. **Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters).** Your provider may prescribe an oral antiviral medicine to be started the day of your treatment.
2. 2 WEEKS PRIOR to treatment: Avoid excessive sun exposure, self-tanners, and sunburned skin.
3. 3 DAYS BEFORE treatment: **Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen**. You must avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, "Groots", Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging" or acne products. Also avoid waxing, tweezing, or the use of hair removal cream on the area to be treated, and excessive sun or heat exposure.
4. DAY OF TREATMENT: Wash your face thoroughly and bring a **broad-brimmed hat** with you to the office.
    a. **Do not apply makeup, lotions, or any skin care products day of treatment.** You may put sunscreen on but it will be removed in-office before treatment.
    b. **Please be prepared to spend a minimum of 2 – 3 hours with us for your visit. A topical sensitizing medication will be applied to your skin and allowed to incubate for two hours prior to being activated under the treatment light.** We have bottled water and offer free Wi-Fi if you wish to bring a laptop, to help keep you comfortable throughout the treatment.

Regarding Facial Hair and Shaving for Men:

1. All men must shave their face the day of the procedure.
2. Following treatment, no shaving with a razor blade until day 7 post treatment.
3. You may use an electric razor after day 3 if desired.

Patients with Skin of Color:

1. All patients with darker skin tones must use hydroquinone for a minimum of 2 weeks prior to treatment. This down-regulates pigment and prepares the skin for treatment.

Post Treatment Care:

Day 1 – Immediately following your treatment, stay indoors.

1. **It is extremely important to avoid direct sun and light exposure, staying completely indoors for the first two days (48 hours).**
2. Immediately following treatment: If you have any discomfort, begin applying **ice packs or cool compresses** (water-soaked **paper towels**) to the treated areas. *Apply these compresses frequently*. This will help keep the area cool and alleviate any discomfort as well as help keep any swelling down.
3. Immediately following treatment: Begin using an occlusive barrier, i.e**. EltaMD® Moisture Seal (Pima Dermatology's preferred option)**, Cerave® Moisturizing Cream, or Vanicream® Moisturizing Skin Cream, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture in the skin and provide protection as it heals. With clean hands, gently apply the occlusive barrier as needed for comfort. **Do not allow the treated area to dry out throughout the healing process, as it is key to healing and comfort.**
4. In addition to the occlusive barrier cream, you may also use Avene® Thermal Spring Water, spraying onto the skin to cool, calm, and soothe as needed throughout the healing process.
5. Swelling will be most evident around the eyes and is usually more prominent in the morning; it can last for a number of days. Elevate your head on two pillows to decrease swelling. Ice 20-minutes per hour for significant swelling.
6. To alleviate pain, take **ibuprofen** (400 mg every 8 hours).
7. Apply topical **Hydrocortisone 1%** lotion to reduce stinging and burning. This can be purchased over-the-counter.
8. You can shower as desired. Do not let hair products get on the face or treated area.
9. Avoid hot tubs, pools, and spas for one-week post-treatment.

Please see reverse side of page.

10. Limit exercise and excessive perspiration for the first 3 days following treatment.
11. You may take oral **BENADRYL**®, one to two capsules (25 to 50 mg), in the evening for the first few nights to reduce swelling and help you rest.

Skin Care:

1. **Be sure to thoroughly wash your hands prior to touching your face.**
2. Following your treatment, starting that evening, you may cleanse skin with a mild cleanser (i.e., Avene® Tolerance Extremely Gentle Cleanser), using cool water and your fingertips.
3. Your skin may feel dry and tight for 1-3 weeks following treatment. You must use a substantial moisturizer (i.e., **EltaMD® Moisture Seal, Pima Dermatology's preferred option**, CeraVe Moisturizing Cream®, or Vanicream® Moisturizing Skin Cream) to relieve discomfort and keep skin healing.
4. **On day 3,** following treatment, wear a **broad-spectrum SPF 30+ sunscreen** with Zinc Oxide and/or Titanium Dioxide (i.e., EltaMD® UV Skin Recovery SPF 50 (green tint), EltaMD® UV Daily SPF 40, or EltaMD® UV Physical 41) and a **broad-brimmed hat.**
5. You may also use Avene® Thermal Spring Water to cool, calm, and soothe skin as needed throughout healing.
6. Care should be taken to prevent trauma to the treated area for the first week or longer following treatment (i.e., no cleansing device/brush, washcloth, or scrubs). No picking, peeling or scrubbing the skin in any way while healing.
7. You may use makeup once any crusting has healed, and as long as the skin is not broken.
8. If blisters form, please avoid picking or lifting. Apply EltaMD® Moisture Seal or Vaseline®.

Day 2 (the next day, following treatment) – Stay indoors. Avoid exposure to the sun and bright indoor lights.

1. Continue to apply ice packs or cool compresses as needed to ease discomfort and swelling. Any discomfort usually subsides by day 7. Some patients may have a serious reaction with considerable swelling, redness burning, and/or blisters. Frequent soaks will usually be adequate as well as topical Hydrocortisone and oral BENADRYL® as listed above.
2. Vinegar Soaks: You should soak the treated areas with a solution of **1 teaspoon of white vinegar in 1 cup of cold water** *for 20 minutes every 3 to 6 hours*. Dip **paper towels** into the vinegar soak solution, squeeze out excess solution, fold the paper towel accordingly, and apply to the treated areas as needed. Ice may be applied directly over the vinegar soaks. The area should be patted dry and cream (i.e., EltaMD® Moisture Seal, CeraVe Moisturizing Cream®, or Vanicream® Moisturizing Skin Cream) and/or Hydrocortisone 1% ointment should be reapplied following the vinegar soaks. Continue these soaks for the next few days, as needed.

Day 3 to 7 – Try to avoid direct sunlight for two weeks.

1. For those who wear makeup, once you are healed, you may begin applying makeup. Most patients have completed the peel after 7 to 10 days. The area may be a healthy pink for 4 to 6 weeks.
2. You may resume regular skin care product usage once skin has healed and as recommended by your Provider.
3. Try to avoid direct sunlight for two weeks. EltaMD® UV Physical 41 is especially effective at protecting your newly rejuvenated skin.

Post Treatment Expectations:

1. The skin may become very red, dry, crusted and flaky. You may moisturize with above mentioned creams at any time.
2. You may use Hydrocortisone 1% as needed to small areas of irritation.
3. Treated lentigines (freckles) usually darken after treatment, and crusting begins to form within a few days. This crusting usually resolves in 1-3 weeks and should be allowed to naturally flake off for best results.
4. The treated area may be pink/red for 4-6 weeks following the treatment.
5. The treated area will continue to improve over the next 6 to 8 weeks.
6. Your provider will evaluate the area at your 1-month follow-up to determine if another treatment is needed.

Questions or concerns? *Please contact our office at* **520.795.7729**. *You can also securely text us at* ***(520) 263-9367****.*
Texting is our preferred method of communication *to help us provide you with personalized, guided care.*