

Home Care Instructions After Photodynamic Therapy (PDT)

Day of Treatment

- Begin applying ice bags to treated areas (20 min on, 20 min off). This will keep the area cool and reduce any swelling or discomfort. Swelling will be most evident around the eyes and is usually more prominent in the morning.
- To reduce swelling, elevate your head on two pillows.
- Over the counter medication, such as Tylenol (acetaminophen) or Motrin (ibuprofen), will reduce discomfort.
- Apply a moisturizer, such as Aquaphor or Cetaphil Cream, for dryness. Your doctor may also prescribe a steroid cream.

Day 2-7

- Avoid sunlight and remain indoors. Photosensitivity to light usually lasts 36 hours but may be as long as 48 hours.
- Take warm, not hot, showers.
- Ice packs as needed.
- Your skin will feel tight and dry. A good moisturizing cream should be used as needed and at night before bed.
- For additional soothing, cool vinegar soaks may be applied. Mix 1 tbsp white vinegar with 8 ounces of cool water. Apply with a cool washcloth for 5-10 minutes every 2-4 hours as needed.

Day 7 and after

- The area may remain red for several days. You may begin applying make-up once any irritation has resolved.
- Continue to moisturize.
- Try to avoid direct sunlight for 2 weeks.
- Use a sunblock with a minimum of SPF 30, preferably with zinc oxide.
- Continue to keep treated areas out of the sun (wide brim hat for facial; covered with clothing for other areas).

If you have any problems or concerns, please call 916.784.7546