

New England Dermatology & Laser Center
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(413) 733-9600
www.nedlc.com

PATIENT INFORMATION: BLU-U / LEVULAN

Treatment Preparation

Avoid the following the day before and the day of your treatment:

- All cosmetics, moisturizers, and sunscreens.
- All facial products including acne medication and alpha hydroxy acids, such as glycolic acid products.
- Self-tanning agents.
- Facial waxing or electrolysis.
- Any oral medication which may be potentially photosensitizing. Please consult with your provider for advice.

Additionally:

- If you have a history of cold sores, fever blisters, or herpes infections, please notify us before treatment.
- Arrive at the office at the appointed time with a freshly washed face, free from makeup, and/or closely shaven.
- If Levulan is to be applied, you should arrive at the office at least 1 hour before your scheduled light treatment.
- The application of the Levulan solution is generally painless. It must remain on the area of intended treatment for a minimum of 15-60 minutes before treatment with the BLU-U can be administered. You may want to bring a book or listen to music while you are waiting.
- Levulan should not be applied if you are pregnant; however, the administration of BLU-U light is safe during pregnancy.

During treatment:

- You will be either seated or lying down when the BLU-U light is given and you will be wearing goggles to protect your eyes.
- The initial exposure time to the BLU-U light may be up to a maximum of 1000 seconds (16 minutes, 40 seconds) as determined by your provider.
- Subsequent treatment times will be based upon previous tolerance and response.
- The lights do generate heat and you will feel warmth much like a sunburn during your treatment. If treatment included the application of Levulan, this sensation may be more intense with stinging and burning.

Post-treatment:

- If Levulan was applied:
- You will wash off the Levulan after the light treatment.
- The **expected** effect of Blu-U/Levulan treatment is a mild to moderate sunburn-like reaction, although at times it may be severe and painful. If this occurs, you should notify us immediately.
- Redness, swelling, blistering, scaling, and crusting may occur for several days to several weeks depending upon the intensity of the sunburn-like reaction you experience.
- If symptoms are uncomfortable you may apply cool water compresses for 10 minutes every two hours followed by a moisturizer of your choice.

- **You must stay out of the sun and avoid other intense light sources for at least 48 hours after treatment. You are advised to wear a wide brimmed hat and apply a sunblock with a SPF of at least 30 containing titanium dioxide and/or zinc oxide immediately after treatment. Sunblock should be worn even inside.**
- You may resume your normal daily routine skin care, moisturizers, and any oral medications you may have stopped immediately after treatment. However, you should withhold topically prescribed medications (ie, Benzoyl peroxide, Retin A, etc.) until any redness, scaling, crusting or discomfort has resolved.
- Please remember that improvement is not immediate and may take 4-6 weeks to see results. Furthermore, a series of treatments may be necessary to obtain optimum results.
- Unfortunately, as with all procedures, no assurances or guarantees can be given regarding the final result.

We are pleased you have chosen New England Dermatology and Laser Center for your skin care and appreciate your confidence in us.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL US AT (413)733-9600.