

**PDT (PHOTODYNAMIC THERAPY)
BLUE-RED LIGHT/LEVULAN PATIENT INFORMATION**

The primary indications for PDT include sun damage (actinic keratoses), photorejuvenation, and acne.

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 and electrolysis for one week.
- ◆ 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-minutes up to 3 hours before the light treatment. 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 light is safe during pregnancy.

During treatment:

- ◆ You will be either seated or lying down when the light is administered and you will be wearing goggles to protect your eyes.
- ◆ The initial exposure time to the light may be 2 minutes up to a maximum of 20 minutes 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 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 one-two hours followed by a moisturizer of your choice and take an oral antiinflammatory such as ibuprofen.
 - **You must stay out of the sun and avoid other 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 zinc oxide and/or titanium dioxide 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, PLEASE CALL US AT (413)733-9600.