

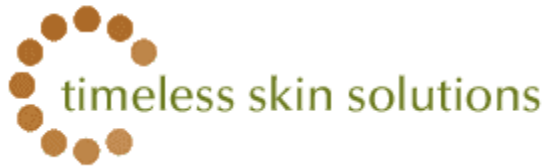
## **photodynamic therapy before & after treatment instructions**

### **Before treatment:**

1. If possible, do not wear makeup to your treatment
2. Avoid any irritants to your skin, including products with retinoids, retinol, glycolic and salicylic acid, and vitamin C for one week prior to appointment.
3. Do not wax or use a depilatory on treatment area for one week prior to treatment.
4. Bring something to cover the treated areas when leaving the office (ie., large brim hat, gloves, towel). This is very important.

### **After treatment:**

1. Care should be taken to prevent trauma to the treated area for the first 2 to 3 days following treatment
2. Keep the treated area covered and protected from direct sunlight and sources of bright indoor light for 48 hours following the treatment. Stay indoors, apply a minimum SPF 30 sunscreen (UVA/UVB) to all exposed areas and wear a hat for two weeks following your treatment.
3. Do not participate in artificial tanning, or sun exposure without sun protection, in the 4 weeks following the treatment.
4. The skin may become very red, dry, crusted and flaky – you may moisturize with Aquaphor or hydrocortisone 1% as needed.
5. Cold packs may be applied post-treatment to ease any temporary discomfort.
6. If the skin is broken or a blister appears, apply antibiotic ointment and contact us.
7. Treated lentigines 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.
8. Avoid hot tubs and spas for at least 48 hours after treatment.
9. Make-up may be applied after the healing process is complete, and as long as the skin is not broken. If treated area is red after crusting has subsided, apply green-based cover-up to minimize redness.



**Daily instructions:**

Day 1:

1. Begin applying icepacks to the area for any discomfort. Swelling, if it occurs, will be most evident around the eyes.
2. Remain indoors and avoid direct sunlight.
3. Elevate your head on two pillows or the treated area, to decrease swelling.
4. You may take ibuprofen or acetaminophen if necessary.
5. Apply hydrocortisone 1%, if areas are irritated.

Day 2:

1. Continue to use ice packs as needed. Twenty minutes per hour, maximum. You may take a shower or pain medicine. Any discomfort usually resolves by day 3.
2. Avoid sunlight and try to remain indoors on Day 2. Sensitivity to sunlight may last up to 40 hours after treatment.
3. Soak any areas with a solution of 1 teaspoon of white vinegar in 1 cup of cold water for every 4 to 6 hours. Ice may be applied over the vinegar soaks. The area should be patted dry and hydrocortisone 1% ointment reapplied following the vinegar soaks.

Day 3-7:

1. You may use make up once any crusting has healed. The area may be red for 4-6 weeks. If make-up is important, please consult with Mukha staff for recommendations.
2. The skin will feel dry and tightened. Use a moisturizer.
3. Avoid direct sunlight for two weeks. Use a sunscreen with a minimum SPF of 30.

**Acne patients only:**

You may experience an exuberant response to this treatment, also called a "flare." A flare includes a worsening of acne symptoms, including marked redness and irritation or peeling of the skin. Typically, this condition is limited and can last 7-10 days after treatment.

Please call the office if you have any concerns: 614 799 5100.