



TIMELESS

SKIN SOLUTIONS

photodynamic therapy before & after treatment instructions

1. Cold sores:
 - Are you prone to cold sores? If so, we will provide antiviral prophylactic treatment.
2. Regarding facial hair and shaving for men:
 - All men must please shave their face the day of the procedure.
 - Following treatment, no shaving with a razor blade until 5 days following treatment.
 - You may use an electric razor 3 days following treatment if desired.
3. Patients with ethnic skin:
 - All patients with darker, ethnic skin tones must use hydroquinone for a minimum of 2 weeks prior to treatment. This reduces pigment and prepares the skin for treatment.
4. Sun protection is VERY IMPORTANT!
 - Please remain indoors, keep the treated area covered and protected from direct sunlight and sources of bright indoor light for 48 hours following the treatment.
 - Following the first 48 hours after treatment, please continue to avoid direct sunlight for a minimum of 2 weeks post treatment and cover all exposed body surface areas or wear a hat during this time.
 - Please continue to use a minimum of SPF 15 during weeks 3 and 4 following your treatment. Do not participate in artificial tanning, or sun exposure without sun protection, during this time.
 - You may begin to feel heat in the skin after 2-3 minutes outside or near a sunny window, if so please remain indoors and away from sources of light.
 - Please keep in mind that UVA light passes through glass when you are sitting near windows in your house or car.
5. Skincare:
 - Be sure to thoroughly wash your hands prior to touching your face
 - Cleanse skin with mild cleanser, cool water, and fingertips.
 - Use provided bottle of Spring Water as desired for comfort measures and improved healing. You may store this in your refrigerator for extra cooling.
 - Use sunscreen with a minimum SPF of 30 starting **1 week** post treatment.
 - Your skin may feel dry and tight for 1-3 weeks following treatment. You may use a substantial moisturizer (Ceramide cream) at any time to aid discomfort.
 - Care should be taken to prevent trauma to the treated area for the first 2-3 days following treatment (i.e. **no** Clarisonic Brush, washcloth, or scrubs).
 - You may use makeup once any crusting has healed, and as long as the skin is not broken. Consider applying green-based cover-up to minimize redness.

6. Vinegar soak:
 - Begin using a vinegar soak 3-4 times daily beginning the day of your treatment to promote healing and provide antiseptic benefits.
 - Mix 1 teaspoon of plain white vinegar to 2 cups of cool water.
 - This solution may be mixed up ahead of time and kept in the refrigerator.
 - If the skin gets dry or scabbed you may soak more often.
7. Showering:
 - It is okay to shower, but do not let hair products get on the face or treated area.
8. Post treatment expectations:
 - The skin may become very red, dry, crusted and flaky. You may moisturize with Ceramide or Aquaphor at any time. You may use hydrocortisone 1% as needed to small areas of irritation.
 - It is normal for skin to feel "sunburned" and/or tight.
 - Treated lentigines (freckles) usually darken after treatment, and flaking 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.
 - The treated area may be pink/red for 4-6 weeks following the treatment.
 - The treated area will continue to improve over the next 6-8 weeks.
 - Most patients require 2-4 treatments, 1 per month for best results.
9. Comfort measures:
 - OTC ibuprofen or acetaminophen if necessary for inflammation or discomfort.
 - OTC antihistamine such as Benadryl or Zantac may be used to ease itching.
 - Apply OTC hydrocortisone 1% to small areas of irritation as needed.
 - Cold packs may be applied post treatment to ease any temporary discomfort. Please ice 20 minutes per hour, maximum. You may use a frozen bag of peas or baggie filled with ice and small amount of water. Do not apply directly to skin - wrap in a soft cloth before allowing ice pack to touch the treated area.
 - If the skin is broken or a blister appears, apply antibiotic ointment (Neosporin or Polysporin) and contact us (614) 799-5100 or contact@timelesssskinsolutions.com.
 - Discomfort usually resolves by day 3, but may last longer in some patients.
10. Possibility of edema (swelling):
 - Elevate your head on two pillows to decrease swelling.
 - Ice 20 minutes per hour for significant swelling. Icing instructions listed above.
 - Please know that edema is most common under the eye area.
11. Increased sensitivity to detergents/fabric softeners:
 - Please use pillow cases with **no** fabric softener during the healing process.
12. No picking, peeling, or scrubbing the skin in any way while healing.
 - Allow the skin to slough off on its own.
 - After the skin has finishing sloughing (typically day 4 or 5), you may exfoliate using a gentle scrub, Clarisonic Brush, or washcloth.
13. Acne flare:
 - Patients being treated with Levulan for acne may have a worsening of acne symptoms, including marked redness and irritation or peeling.
 - Typically this condition is limited and can last 7-10 days after treatment.
 - We may provide a prophylactic prescription in case of an acne flare occurrence.
14. No hot tubs and spas for one week post treatment.

If you have questions or concerns, please don't hesitate to call us at (614) 799-5100 or email contact@timelesssskinsolutions.com.