

Levulan[®] Photodynamic Therapy (PDT) - BLU-U Blue Light

Tips for post treatment care:

- Avoid sunlight or bright indoor lighting for the next 40 hours.
 - ★ *Sunblock **does not** protect your skin during this time frame.*
- Keep skin well moisturized with a gentle moisturizer such as CeraVe or Cetaphil products.
- Use cool compresses as needed for swelling.
- Acetaminophen or Ibuprofen may be taken according to the manufacturer's recommendations for redness and discomfort.
- Daily use of 30 SPF or higher with Zinc Oxide is recommended.
- A once daily antihistamine such as Allegra, Zyrtec, or Claritin is recommended for 1 week after treatment.
- Always pat dry your skin and please avoid rubbing and picking your skin.
- Cool vinegar soaks may be applied to reduce the burning sensation.
 - Mix 1 tablespoon white vinegar with 16oz (2 cups) of cool water.
 - Using a soft cloth or gauze, soak the treatment site for 15 minutes with the diluted vinegar solution.
 - You may also spray the treatment areas with a small spray bottle with white vinegar that's kept cool in the refrigerator (approximately 1 tablespoon white vinegar in a 16oz bottle or 1 ½ teaspoons in an 8oz bottle). 1 cup = 8oz. 2 cups = 16oz. 1 tablespoon = 3 teaspoons.

Please contact the office if you experience any severe pain, open weeping skin, or blisters.