

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

After your Photodynamic Therapy (PDT) treatment, your skin may feel warm to touch and sting, similar to having a sunburn. You may also experience redness, skin tenderness, dark spots and swelling. This is a normal reaction. The stinging sensation begins during the treatment and may last up to 24 - 48 hours. Your skin will then feel somewhat dry and rough, and may appear a bit darker over the next 7 days. The remaining skin changes typically resolve over a 7 to 10 day period.

Please plan on spending between two to three hours at our office for your treatment:

Degreasing of treatment area, application of medicine, incubation period (1 -2 hours), time in Blue Light (approximately 17 minutes), skin cleaning and sunscreen application.

Prior to Treatment & Preparation:

- Notify our office if you have a history of cold sores or take medications that make you more sensitive to sunlight.
- If you have a history of recurring cold sores (Herpes simplex virus), we will prescribe you prophylactic Valtrex or another oral antiviral to begin the morning of your treatment.
- If you are having your face or scalp treated, please be sure to bring a wide-brimmed hat and sunglasses to help block the sun on your trip home following treatment.
- Have white vinegar and a small spray bottle of water available to help reduce any stinging sensation that you might experience following treatment. Mix 1 tablespoon white vinegar with 16oz of cool water in a small spray bottle of water. (You may also simply apply gauze soaked in the diluted white vinegar as well).
- Please arrive with a CLEAN FACE. No make-up, lotions, sunscreen, etc.
- Take either Allegra, Zyrtec, or Claritin for 1 week prior to PDT treatment. This helps decrease redness, swelling, and itching which you may experience during and after treatment.