



BLUE LIGHT PHOTODYNAMIC THERAPY

Prior to treatment – Patient must be off Accutane for a minimum of 6 months. Retin-A should be stopped 3 days prior to treatment and should remain off throughout the duration of the treatment series. AHA/BHAs should also be stopped 3 days prior to and should remain off until treatments are complete.

What to expect – Within 24 hours of treatment your skin may appear red and slightly swollen. Exposure to sun light may increase the sensitivity and may cause more swelling and irritation. The skin will feel tight and dry. Expect your skin to peel. Do not pick, itch, or pull at the dead skin. This could lead to scarring.

Post care instructions – Sun protection with an SPF 30 and a wide brimmed hat is mandatory for at least the first 48 hours after treatment. We recommend Marietta Derm Essentials Elite SPF and Revision Multiple Protection.

When you get home, please try to stay indoors and away from the windows for 48 hours. Severe burns can occur from sun exposure during the 48 hours after the procedure.

You can use Aloe, Aquaphor, Cetaphil, and CeraVe.

Any products for sunburns may also be used to calm redness and itchiness.

Ice packs and cold compresses may be used to relieve swelling and burning.

If needed you may use vinegar soaks.

Pat and soak the treated area for 5 minutes 5 times a day using a solution of **½ teaspoon white vinegar to 1 cup of filtered or distilled water**. Use disposable gauze. Store solution in the refrigerator. Pat the skin dry then apply desired moisturizer.

Acne patients – You should expect flair up of acne within 3-4 days after the treatment, but this should subside within 1-2 weeks.