

DARTMOUTH DERMATOLOGY ASSOCIATES, P.C.

Photodynamic Treatment Pre & Post Care Instructions

Pre Treatment

- **CAN NOT** be Pregnant or Breastfeeding
- **CAN NOT** have Porphyria
- **If you have a history of HSV (cold sores/ fever blisters)** take an oral anti-viral medication as follows:
 - Take 1 tablet the **Day BEFORE** the treatment,
 - Take 1 tablet the **Day OF** the treatment &
 - Take 1 tablet the **Day AFTER** the treatment.
- **Bring a hat with a brim into the office to wear after your treatment.**
- **MAKE PLANS to stay out of the sun** for **48 hours** after your treatment.
No Sailing, No Beach, No Tennis, No Golf, No Outdoor Swimming etc.
- *If you work in a space with a window, schedule your treatment when you can avoid this additional exposure to light for 48 hours.*

Post Treatment

- Anticipated side effects can include:
 - Discomfort & Swelling
 - Burning & Redness
 - Possible Hair Removal
 - Possible hypo or hyper pigmentation of the area treated
 - Peeling skin, especially in areas of sun damaged skin or areas of pre-cancerous cells / lesions.

You MUST:

- Avoid direct sunlight for 48 hours.
- Wear a hat with a brim for 48 hours if you need to go out.
- Wear sun block for ***at least*** 48 hours.

Use gentle cleansers such as Cetaphil, or Cerave, to wash area for the next week.

Use cool water compresses, Tylenol and Aquaphor for discomfort and peeling.

Do NOT use any acne or rejuvenating medications or products for at ***least 48 hours***.

Use caution when shaving, as shaving removes skin and hair.

Call the office immediately if you develop persistent burning, pain, blistering, or drainage from any sites treated 508-998-1994.