



## **Photodynamic Therapy Post Procedure Instructions**

You just completed your blue light or photodynamic therapy procedure to treat multiple precancers and/or early superficial basal cell or squamous cell carcinomas. Congratulations!

**First 48 hours:** The levulon can still be activated in your skin by natural and artificial light. If activated, you can experience pain and skin burning with possible blistering and ulcerations. You must apply a mineral based sunscreen (zinc or titanium oxide based) that is SPF 30 or higher every 90 minutes to the treated area, even after sunset and indoors. You must avoid direct and indirect light exposure by wearing sunglasses and hats if going outside and try to stay indoors and away from windows. You can take pain medication like motrin and apply cool compresses and ice packs as needed. In addition to sunscreen, you can apply a bland cool (keep in the fridge) soothing moisturizer as many times as you like such as cerave cream or vanicare cream. The treated area will get increasingly red during this time, similar to a sunburn.

**Days 3-6:** The redness will subside and crust/scabs and flakes will develop. Some areas of the treatment site can react differently than other areas. This is because areas of your treatment site can have photodamage and atypical cells with varying levels of severity . This means you can peel or scab more in one area and not another. Please continue to apply and reapply your sunscreen regularly when exposed to the sun. At this point indoor light will not bother you. Continue to hydrate the skin with bland moisturizing lotions or creams. Avoid creams with acids such as retinol, retinoic acid, lactic acid, salicylic acid, and glycolic acid.

**Day 7-10:** All scabs, crust, and flakes should peel off leaving smooth normal skin in its place. Continue to moisturize until peeling is done. Once complete, you can restart using your previous regimen of skin creams.