

Photodynamic Therapy (PDT) Patient Instructions

If your face and/or scalp are being treated, bring a large floppy hat to wear home. Wear a long-sleeved shirt if your arms are to be treated.

Treatment Step 1: Application of Levulan Kerastick Topical Solution

- Your skin will be washed with a solvent to remove oil and dirt. This ensures an even absorption of the Levulan.
- Levulan, a topical agent, will be uniformly applied to the treatment area.
- After application of Levulan, you will wait in the waiting room for up to 90 minutes as an incubation period.

Treatment Step 2: BLU-U Blue Light Treatment

- Your treatment, exposure to the blue light lamp, can take up to half an hour, depending on your provider's plan.
- You will experience some stinging or burning during your treatment, but this will subside within 24 hours of the blue light being turned off.

After Treatment

- After the procedure, we recommend you return home and take it easy.
- **Strict sun and fluorescent lights avoidance is recommended for at least 40 hours after treatment.**
- **If you choose to go to work after the PDT treatment, please make sure you do not have fluorescent lights at work, as it will intensify the process.**
- Redness, scaling and slight swelling are common symptoms immediately following treatment. During the next 24-48 hours, swelling continues and redness may increase. Itching and mild to moderate pain may occur.
- During days 2-7, symptoms of flakiness, crusting and rarely blistering are possible. This period is often described as an intense sunburn-like reaction.
- Healing has occurred when redness and scaling are no longer present (generally ~10 days after treatment).
- Longer pigmentation changes (increase or decrease of color) may occur in 1% of patients, with most resolving within one month. Scarring and permanent pigment changes are extremely rare.

-Plan to have more than one procedure. **Most patients require 2-3 treatments for total clearance of the precancerous lesions.** Treatments should be at least 6 weeks apart and must be done within 6 months to be considered a complete series.

-If you wish to contact your insurance company to verify your coverage, the treatment code is 96567, the medication code is J7308, and the diagnosis code is L57.0 Actinic Keratosis.

***Please note: If your doctor prescribes more than one area to be treated with PDT, and you wish to do both areas on the same day, insurance likely will not cover the second treatment area. Please check with your insurance before scheduling.**

If you have any questions regarding treatment or instructions, please call.

Post Treatment Home Care for PDT

The treated area is sensitive and care should be taken to avoid complications. To minimize the chance of complications, follow all post treatment recommendations carefully.

Day 1 of PDT

- Apply ice packs to reduce swelling, discomfort, and redness.
- Take pain medication as needed, such as acetaminophen (Tylenol) and/or Ibuprofen (Advil).
- Apply over-the-counter emollient like Alastin Recovery Balm, Sonafine/Biafine (online) to treated areas 2-4 times daily until skin is healed
- You may shower and wash treated areas if desired.
 - Clean the treatment site gently with your fingertips and mild soap.
(Examples: Dove, Cetaphil, Neutrogena, Purpose, CeraVe)
 - Avoid scrubbing. Pat dry.

Days 2-7 of PDT

- Continue pain medication, ice packs and ice face masks (otc/online) to treat face as needed.
- Protect treated areas from sun exposure. Wear a hat if face or scalp were treated. Wear a long-sleeved shirt if arms were treated. Avoid V-neck or low-cut tops/shirts if chest was treated.
- Wash treated sites daily and re-apply emollient (like Alastin Recovery Balm/Sonafine/Biafine) as desired.
- If blistering develops:
 - A white vinegar solution (1 tsp. of vinegar in 1 cup of cold-water) compress may be applied for 5 to 10 minutes.
 - Moisturize with CeraVe cream, Cetaphil cream, or any other gentle cream based moisturizer.
 - Repeat compresses every 4 to 6 hours during waking hours
- Makeup may be applied if no open areas are present. Apply moisturizer before applying makeup.

Beyond Day 7 of PDT

- Protect the treated area(s) from sun exposure, especially for the first two weeks after treatment.
- Apply sunscreen (SPF 30 or higher) to the treated areas during any sun exposure lasting more than 30 minutes in the mid-day sun (10am-2pm). Reapply sunscreen after sweating or swimming.