



JENNIFER W. PENNOYER, M.D.

Medical & Surgical Dermatology  
Laser & Cosmetic Skin Care

## **Photodynamic Therapy with 20% Levulanic Acid & Blue Light Skin Care After Treatment**

To achieve the best results from your treatment, follow these guidelines:

- If you have a medical history of herpes simplex, please take Valtrex as directed.
- **AVOID ANY SUNLIGHT AND ULTRAVIOLET EXPOSURE! YOU MUST STAY INSIDE FOR THE FIRST 48 HOURS & AVOID SUN EXPOSURE FOR TWO WEEKS FOLLOWING THIS TREATMENT.**
- Prevent trauma to the treated area – use a gentle facial cleanser, avoid harsh rubbing for 24 hours.
- Use Soothing Balm up to 3 times daily to reduce redness and itching.
- Use Hydrating Complex Serum 1-2 times daily for moisture and to control flaking.
- Use Gentle Vitamin-Infused Anti-Oxidant Gel to calm skin.
- You may take Motrin or Tylenol for any swelling and/or pain.
- Use ice gel packs for discomfort – 20 minutes on, then 20 minutes off.
- Use Hydrating Anti-Oxidant Tinted Sunscreen, even when the sun is not out, for unavoidable sun exposure.
- Avoid Renova, Retin-A, Tretinoin, Tazorac, Retinol 20 or Retinol 50.
- Avoid hot baths or aerobic exercise for 48 hours – increases burning sensation.
- Use makeup unless skin is broken.
- Treat any open or crusting skin areas with an antibiotic cream of your choice.
- **DO NOT** have other skin care procedures for 2 weeks following this treatment.
- Please call our office (860-243-3020) if you have any questions or concerns.

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