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Medical & Surgical Dermatology  
Laser & Cosmetic Skin Care

## **Photodynamic Therapy with 10% Aminolevulinic Acid Hydrochloride Gel & Red Light: Skin Care After Treatment**

You have just completed Photodynamic Therapy. The chemical that was applied with Red light to your skin is a strong photo sensitizer which can cause severe burn. It will wear off from the treatment site in 48 hours. There is no absorption into the bloodstream so you will not be sun sensitive on any untreated areas. Natural sunlight, sunlight through window glass and sunlight through clouds will continue to activate this chemical until it wears off. Sunscreen will only partially block this reaction so it is **VERY IMPORTANT** that you drive straight home, do not stop for errands, and remain indoors for 48 hours. You can go out at night when the sun goes down. After 48 hours the chemical will have worn off your skin and you can resume normal activities.

You will experience some discomfort after the treatment. Burning, stinging and minor swelling is possible. Please follow the post-care instructions as directed. If you do get significant sunburn reaction, you will actually get a better treatment result, but the sunburn is uncomfortable and we want to avoid this, if possible.

You can wash your face and scalp and apply make-up at any time after the procedure is complete.

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.