

HOME CARE INSTRUCTIONS FOR PHOTODYNAMIC SKIN REJUVENATION

Day of Treatment:

- If you have a history of cold sores, begin prescribed medication the morning of your treatment.
- Bring a large hat, scarf, or umbrella to your appointment.
- After an acetone scrub, Levulan will be applied.
- Following an incubation time, you will be activated with broadspectrum. A protective balm will be applied to the treated area.
- Avoid sunlight; it continues to activate Levulan for 24+ hours intensifying the sense of heat.
- Fluorescent lighting can be uncomfortable.
- **DO NOT cleanse treated area for the first 24 hours.**
- Reapply protective balm every two hours for the first 48 hours.
- Drying of the skin and UV exposure increases the risk of post-inflammatory hyperpigmentation and must be avoided.
- Tylenol as needed, avoid Aspirin and Ibuprofen; you do not want to interfere with the inflammatory process that ultimately increases collagen.
- Sleeping on your back with your head elevated may help reduce swelling. Avoid fabric softeners on pillow cases and sheets to discourage unnecessary irritation.
- Apply extra balm at bedtime for added protection.
- Your skin will feel dry for several days; feel free to apply the protective balm often.
- Mist treated area with chilled water to cool (keep a spray bottle in the refrigerator).

Day 2

- Our office staff will call to see how you are doing.
- Expect to look red and perhaps swollen, especially around the eyes and lips.
- Continue to spray with cool water for comfort (sitting in front of a circulating fan is nice). Another option is to place frozen peas or corn over a damp cloth.
- Gently cleanse with post-treatment cleanser 2-3 times per day.
- Next, gently dab face with gauze or a soft cloth soaked in a chilled mixture of **1 teaspoon white vinegar and 2 cups cold water** (keep in refrigerator).
- Gently rinse the vinegar off with cool water and apply a generous amount of protective balm.
- You may shower and gently cleanse treated area.
- Benadryl at bedtime is fine to relieve itching, **do not scratch**.
- Avoid sunlight.
- Apply Polysporin twice daily for any blistering or breakage of skin. If these are not minimal, localized, or superficial please call our office at 703-264-0904.

Day 3

- Expect to peel on day 3 or day 4. **DO NOT PICK**, allow skin to peel naturally to avoid scars.
- You may stop the vinegar soaks, but continue with the rest of the protocol until peeling is completed.

Day 4-9

- The treated area may continue to be red and flaky for a few weeks.
- You may apply a mineral make-up when all crusting has flaked off.
- **Once you have completely peeled**, it is important to use SPF 30 to protect your new skin.
- You may resume your normal cleansing regimen after you are done peeling.
- **ALWAYS** perform a patch test first. Apply product to a small area, if it stings, continue with the post-treatment protocol for another 24 hours. After waiting 24 hours, perform another patch test. **DO NOT** switch products until your patch test is negative for sensitivity.
- Acne can look worse for 3 weeks following Levulan PDT as pores push debris out.