

## **Home Care Instructions Following Photo Dynamic Therapy**

### **Day of Treatment:**

1. AVOID DIRECT SUNLIGHT.
2. Apply ice packs if you experience any discomfort.
3. Take analgesics such as Advil or Tylenol if necessary.
4. Apply Vaseline or Aquaphor ointment.
5. You may shower as desired. Avoid direct spray to the treated area for maximum comfort.

### **Day After Treatment:**

1. The photosensitivity to sunlight is usually gone 24 hours after the treatment, but may last up to 48 hours.
2. Continue to apply ice packs as needed to alleviate discomfort and swelling. Any discomfort usually subsides by Day 3.
3. Continue applying Vaseline or Aquaphor ointment if you are still experiencing discomfort.

### **Day 3-7 Treatment:**

1. You may begin applying makeup once you are healed. The area may be pink for 4-6 weeks.
2. The skin will feel dry and tight. A good moisturizer should be used daily.
3. Try to avoid direct sunlight for two weeks. Sunscreen is essential for protecting your newly rejuvenated skin.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE**

**479-709-7340**