

Post Treatment Care for Photodynamic Therapy (PDT)

1. Avoid sunlight or bright indoor lighting for the next 48 hours. This includes bright windows, fluorescent and incandescent lighting. Limit time at the computer screen. Exercise caution with prolonged TV exposure and sit more than 10 feet from the TV.
2. If you must go outdoors during the first 48 hours after treatment, apply a thick coat of sun blocking agents containing ingredients such as zinc oxide, Mexoryl or Helioplex to the treated area. (Our office carries a UV Physical sunscreen available for purchase if needed) You should reapply every 2 hours to provide best coverage. Protect the head, face and neck by wearing a wide-brimmed hat or similar head covering of light opaque (not allowing light to pass through) material. Wear long sleeves and pants if those areas were treated. Light weight gloves should be worn to cover the backs of hands.
3. Keep skin well moisturized. Use gentle cleansers and moisturizers. Avoid any products which might irritate or exfoliate the skin.
4. Apply 0.5% to 1% topical Hydrocortisone lotion 2-3 times a day to treat any redness and irritation. This may be applied for 3-5 days, if needed, until redness and irritation subside. Our office carries EltaMD and SkinCeuticals products which can be used or you may purchase products over the counter at your local pharmacy.
5. Use cool compresses as needed for swelling.
6. Use vinegar and water soaks to relieve burning and tingling. Mix 1 tablespoon of white vinegar into 2 cups of cool water. Soak a washcloth in this mixture and apply to the face as needed.
7. Tylenol or Advil may be taken at the labeled dosage amount to relieve tenderness or discomfort.
8. Daily use of SPF 30 sunscreen is recommended. We have acceptable sunblock by EltaMD and SkinCeuticals, all available for purchase at our office.

After treatment you may experience the following symptoms:

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| 1. Peeling or flaking of the skin | 5. Stinging/burning (usually lasts 24 hours) |
| 2. Redness | 6. Tenderness |
| 3. Dark spots | 7. Oozing |
| 4. Swelling | |

Please call the office if you experience the following symptoms: severe pain, open, weeping skin, blisters, temperature greater than 100.5 degrees. If you feel you have an emergency, please call #931-484-6061. If it is after business hours and the office is closed, you may contact (931) 510-4783 and say that you are a patient of Cumberland Dermatology who has recently completed the PDT treatment.



Cumberland Dermatology

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