



## POST-PROCEDURE CARE - Photodynamic Therapy (PDT - the “blue or red light”)

### Day 1

Immediately following your treatment, stay indoors. Avoid exposure to daylight and bright indoor lights for 24 hours.

- Ice packs & cool compresses: If you have any discomfort, begin applying ice packs or cool compresses (cold water soaked towels) to the treated areas. Apply these compresses frequently and use a light lotion, moisturizing cream, or Vaseline after. This will help keep the area cool and alleviate any discomfort as well as help keep any swelling down.
- Swelling will be most evident around the eyes and is usually more prominent in the morning. It can last for a number of days. Swelling typically peaks at 24-48 hours after treatment.
- Avoid direct and indirect daylight for the first 24 hours.
- To alleviate pain, take Advil (ibuprofen) 400 mg or Tylenol (acetaminophen) every 4-8 hours.
- Apply topical Hydrocortisone 1% lotion to reduce stinging and burning. This can be purchased over the counter.
- You can shower as desired.

### Day 2

- If you must go out during daylight hours, apply a physical sunscreen (one containing zinc oxide and/or titanium dioxide).
- Continue to apply ice packs or cool compresses as needed to ease discomfort and swelling. Any discomfort usually subsides by day 3. Some patients may have a serious reaction with considerable swelling, redness, and burning. Frequent soaks will usually be adequate as well as topical Hydrocortisone, ibuprofen, and acetaminophen.
- Photosensitivity to sunlight is usually gone within 48 hours after treatment.

### Day 3 to 7

- For those who wear makeup, you may begin applying makeup once you are healed. Most patients will have completed peeling after 5-7 days. The area may be a healthy pink for 2 weeks.
- The skin may feel dry and tight. Moisturizer should be used regularly. Do not manually peel off any flaking skin.

If calling our office with non-urgent questions, your call may be returned after 2PM.

For emergency after-hour issues, call the same number and the on-call physician will return your call.

For non-urgent inquiries, you may text or email concerns and photos to (585) 449-4146 and [info@rochesterdermsurgery.com](mailto:info@rochesterdermsurgery.com).

Please include your full name, date of birth, and question or concern when sending your inquiry.

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