



## PHOTODYNAMIC THERAPY (PDT, "Blue light" or "Red light") POST-PROCEDURE CARE

### Day 1

- Immediately following your treatment, stay indoors. Avoid exposure to daylight and bright indoor lights for 24 hours.
- If you experience any discomfort, apply an ice pack or cool compress to the treated areas as often as needed.
- Apply any moisturizing cream of your choice or Vaseline/Aquaphor to soothe the treated areas.
- 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) or Tylenol (acetaminophen) every 4-6 hours.
- You may shower/wash as desired.
- If you need to go outside, apply a physical sunblock that contains zinc oxide or titanium dioxide.

### Day 2

- If you must go out during daylight hours, apply a physical/mineral sunscreen (containing zinc oxide and/or titanium dioxide). Reapply every hour if you are out during daylight hours.
- Continue to apply ice packs or cool compresses as desired to ease discomfort and swelling. Some patients may have an exuberant reaction with considerable swelling, redness, and burning. Continued ice as well as topical over the counter hydrocortisone, ibuprofen, and/acetaminophen may all be of help.
- Sensitivity to sunlight typically subsides within 48 hours of treatment.

### Day 3 to 7

- Any peeling, crusting and flaking skin should not be manually peeled off.
- The skin may feel dry and tight. Apply moisturizer as often as you need to keep skin comfortable.
- Peeling or crusting should resolve within 5-7 days. The area may appear a healthy pink for 2 weeks.
- You may begin applying makeup once peeling resolves.

For emergency after-hour issues, call (585) 222-1400. Press 1 for Dr. Ibrahim. Press 2 for Dr. Sipprell. You must leave a voicemail including the patient's full name, date of birth and best phone number to be reached.

You may send photos by texting (585) 449-4146 or emailing [info@rochesterdermsurgery.com](mailto:info@rochesterdermsurgery.com)

Please include the patient's full name, date of birth, and question or reason for inquiry.

**These are monitored only during regular business hours.**