



MODERN DERMATOLOGY
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PHOTO DYNAMIC THERAPY (PDT) POST CARE

IMPORTANT

- **CLOSE YOUR WINDOW SHADES**
- **DO NOT SIT NEAR AN UNCOVERED WINDOW FOR THE FIRST 48 HOURS!!!**
- **BRING A TOWEL AND WIDE-BRIMMED HAT TO COVER YOUR FACE ON THE WAY HOME IN THE CAR.**
- **YOU MUST AVOID THE SUN FOR 48 HOURS FOLLOWING THE PROCEDURE!** The PDT medicine makes the skin very sensitive to the sun. After the first 48 hours, you may go in the sun while you are healing, but only with a wide-brimmed hat and the application of a zinc-containing sunscreen

Shower and wash the area immediately and as often as needed with a gentle cleanser. Gently pat the skin without rubbing or scrubbing. Avoid harsh or abrasive cleansers or picking/ scrubbing the skin as it can lead to severe irritation or scarring. Do not apply makeup or powder directly on a fresh or open wound unless the surface is fully healed. A nonirritating sunscreen such as zinc or titanium may be applied immediately after the procedure before leaving the physician's office. Sunscreens should be applied every 90 minutes after PDT.

You will be asked to perform dilute white vinegar soaks to speed the healing process and to help prevent bacterial infection. Use 4 x4 inch gauze pads soaked in a mixture of 1 teaspoon vinegar in 1 cup cold distilled water and apply to the affected area for 15-20 minutes, four times per day. Following the vinegar soak, apply a generous amount of an occlusive such as Aquaphor Healing Ointment, Vanicream Moisturizing Ointment or CeraVe Healing Ointment to keep the skin moist and more comfortable during the sloughing off phase.

Mild to moderate redness / swelling is not uncommon the first day or two after PDT and can be lessened by application of an ice bag, ice cubes or chips in a small Ziploc bag, or frozen peas in their bag. Applying cool packs or ice every five to 15 minutes every hour for the first eight to 24 hours after your procedure may be very soothing. Swelling may be more common for procedures around the eyes or lips. Sleeping propped up on a few pillows or in a reclining chair may help decrease swelling after treatment of the head and face area. Redness of the skin may persist for a few weeks.

OPEN WET DRESSINGS FOR RELIEF OF ITCHING/ BURNING

Open wet dressings are used for relieving the itching and irritating symptoms associated with many inflammatory skin conditions. They allow for cooling by continuous evaporation of water. They are used to decrease redness, burning, itching, and weeping of skin lesions. They will help make you more comfortable.

- Use a single thickness, thin white material such as a pillowcase, handkerchief, or bed sheet. Do not use a towel or wash cloth.
- Place the material in cool water.
- Squeeze out excess water.
- Unravel material and cover red, itchy areas with wet dressing (only 1 layer thick).
- Allow this to remain on skin for 20 minutes. Do not cover with a blanket.
- Do the above routine 2-3 times a day as needed

Your physician should be notified of any infections, cold-sore outbreaks, extreme swelling, or other unexpected reactions. Rarely, a visit to the physician's office may be necessary for severe swelling or infection. Oral antibiotics, cortisone creams, tablets, or other medications may be required for adverse reactions.

If you have any questions or concerns, please call the office at 203-635-0770.