



Home Care Instructions for Patients following Photodynamic Therapy

On the Day of Treatment:

1. Apply ice packs to the area if you have any discomfort. This will keep the area cool, alleviate pain and minimize swelling. Swelling is most evident around the eyes and is usually more prominent in the morning.
2. Remain indoors and avoid direct sunlight.
3. Apply moisturizing cream such as Cetaphil, Aquaphor or Vaseline often.
4. Take an analgesic such as Acetaminophen (Tylenol) if necessary.
5. If you have a history of cold sores (caused by HSV) you are strongly advised to take antiviral medication as prophylaxis.

On Days 2 – 7:

1. Once crusting has healed, you may apply make-up. The area may be slightly red for 1 to 2 weeks post treatment.
2. The skin will feel dry and tight, so apply moisturizer daily to keep skin in the best condition.
3. Try to avoid direct sunlight for one week. Use a total block zinc oxide based sunscreen with at least SPF 30. We have a chemical free sunscreen best for recently treated skin.
4. Please do not hesitate to call if you have any questions.
5. I would like to see you in the office 1 week post treatment.