

PHOTODYNAMIC THERAPY

2 WEEKS BEFORE YOUR TREATMENT

Avoid sun exposure and tanning beds for at least 2 weeks before your treatment. Sunburned skin cannot be treated. Sun exposure should be minimized and an SPF 30+ sunblock with Zinc Oxide should be used for as long as possible prior to beginning treatment and should be continued daily after treatment to prolong results.

ONE WEEK BEFORE YOUR TREATMENT

Please let Dr. Lisa Gulcher and her staff know if you're taking medications that increase sensitivity to light such as Tetracycline, Doxycycline, Minocycline, and hydrochlorothiazide (HCTZ). You will need to stop these medications at least 1 week prior to treatment. Please confer with your prescribing doctor before you hold any of your medications. You cannot receive treatment if you have taken Accutane within the past 6 months.

Avoid irritants to your skin such as any products containing retinoic acid or retinol (Retin-A, Triluma, Differin, Tazorac), benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for at least 3 days prior to your treatment.

Do not wax, tweeze or use a depilatory on treatment area for 1 week prior to your treatment.

Do not use sunless tanning products for 1 week prior to your treatment.

If you have a history of Herpes Simplex (cold sore/fever blisters), an anti-viral medication may be prescribed for you by Dr. Gulcher prior to receiving treatment. If you have an active cold sore or skin infection the day of treatment, your treatment will need to be postponed.

DAY OF TREATMENT

Please arrive 30 minutes prior to your 1st appointment to sign consents & have your pictures taken.

If possible, do not wear any make-up or lotions on your treatment area. If the treatment area has hair, please shave area the night before or morning of your treatment.

You may experience mild redness and slight swelling for a period of 2 hours to 7 days, discomfort and/or mild burning sensation. If you have freckles or sun spots, these may become darker after each treatment and may slough off during the week after your PDT treatment. You may also experience some peeling and crusting which usually resolves within 1-2 weeks. It should be allowed to naturally flake off. Do not pick/pull at your skin.

Please read Post-Care Instructions carefully so you know what to expect after your treatment & how to take care of your treated skin. It is imperative that you avoid direct sun exposure for 48 hours after your treatment, as Levulan is a photosensitizer.

POST CARE

DAY 1:

You may experience temporary mild discomfort and/or mild burning for a few hours after treatment. Normal post treatment effects include mild redness and swelling of the treated area for a period of 2 hours to 7 days. Freckles and sunspots may become darker after treatment. They will typically lighten within 5-7 days and may slough off during the week following treatment. Do not pick or pull!!!

Remain indoors if possible and avoid direct sunlight. Use a sunblock with an SPF 30+ at all times.

Please avoid strenuous exercise, hot tubs, saunas & steam rooms the day of your treatment. You may resume normal activities & mild intensity exercise immediately after your PDT treatment.

An ice or cold pack may be applied immediately following your treatment and you may continue to apply to the area for the next 24 hours to minimize swelling and/or discomfort. You may also take Tylenol as needed for discomfort. Aloe Vera gel may be applied immediately after your treatment and as needed to soothe the skin.

DAY 2:

Continue to apply ice or cold packs as needed to alleviate discomfort and/or swelling

You may take a shower and gently wash the treated area.

Avoid sunlight and try to remain indoors on Day 2 if possible. The photosensitivity to sunlight is usually gone 48 hours after treatment. If you do need to go outside, please consider wearing a broad-rimmed hat and continue to use sunblock with an SPF 30+ at all times

DAY 3-7:

Your skin may start to peel as it heals. DO NOT PICK OR PULL at your skin. If your skin feels itchy or tight, you may apply Vaseline as needed

You may begin applying makeup (mineral based makeup is suggested since it is all natural, inert & anti-inflammatory). Please talk to our staff if you are interested in Glo-Mineral makeup/foundations.

Your skin may feel dry and tightened. You may apply moisturizer. Please discuss with our staff which moisturizer would be best for your skin type.

Try to avoid sun exposure/tanning beds to the treated area for the next week if possible and apply SUNBLOCK daily! You may apply sunless tanners after peeling /crusting has resolved. Don't forget to avoid the sun/tanning beds for 2 weeks prior to your next appointment. Sunless tanning products may be used up to 1 week before your next treatment.

Avoid any irritants to your skin, such as products containing retinoic acid/retinol, benzoyl peroxide, glycolic or salicylic acids, astringents, hydroquinone or vitamin C serums/creams for 1 week following your treatment.

Do not wax, tweeze or use a depilatory to the treated area for 1 week following your treatment.

If you receive Botox, Dysport or dermal fillers, these can be resumed 1 week following your treatment.

If you develop a cold sore or infection in the treatment area, please notify us immediately at [847.719.2200](tel:847.719.2200)

If you have any questions regarding your post-laser skincare regimen or how you are healing, please ask Dr. Gulcher or her staff for guidance.

Don't forget to schedule your next appointment & follow your Pre-treatment instructions!!

Thank you for choosing Advanced Medical Aesthetics Med Spa