



PHOTODYNAMIC THERAPY POST-OP INSTRUCTIONS

WHAT TO EXPECT WHEN YOU LEAVE THE OFFICE:

You may notice some redness and swelling similar to a sunburn. This is normal and typical after the BluLight procedure. In some cases, crusting, stinging or blistering of the skin that was treated may occur; this is normal, and is actually a good sign that the treatment is working to destroy the precancerous cells. These symptoms typically resolve within a few days, but in more robust reactions may last as long as 1-2 weeks.

- It is important to remain totally out of the sun for the first 48 hours
- It takes 48 hours for the medication to completely penetrate into the skin
- Sunscreen will not protect against photosensitivity reactions caused by sunlight
- Your skin will be very sensitive to sunlight for up to 7 days after your treatment

You may wash the treated area with a gentle cleanser. The most common side effects include crusting, some swelling, redness, itching, stinging and/or burning. You may apply Vaseline, Cerave healing ointment, over the counter hydrocortisone ointment or Aquaphor to relieve any dry and tight feeling and ice packs to relieve burning. Vinegar (one part) and water soaks (5 parts) can aid in relieving discomfort as well. You may also take a Tylenol or Ibuprofen. After your skin begins to heal you may itch. You can take an over the counter antihistamine during the day and a Benadryl at night. You will need to wear sunscreen (SPF 30 or higher) as well as clothing that will protect your skin from the sun (wide brimmed hat, long sleeve shirts, etc.).

We recommend you wear sunscreen containing Zinc FOREVER!

PLEASE CALL US WITH ANY QUESTIONS OR PROBLEMS

251-928-3844