

PDT POST-TREATMENT

- After treatment has been done ice for five minutes every hour for the remaining of the day **ONLY IF NEEDED!!**
 - **No** direct sunlight to the treated area for **48 hours!**
 - Keep treated area protected from direct sunlight, even direct fluorescent lighting for the next 48 hours by wearing a hat, long sleeve shirt, & chest area covered (depending on which area treated).
- 1) Gently cleanse treated area with Cetaphil gentle cleanser morning and night, for scalp area DO NOT apply shampoo to the area for the first 48 hrs post your treatment (luke warm water is fine).
 - 2) Spray area with Avene Thermal Spring Water morning and night we have 3 sizes to choose from. You can purchase these in our office.
 - 3) Sun block daily with SPF 30 or higher.
 - 4) Moisturize morning and night **we recommend *BIAFINE* (\$50 no tax 45g tube)** which promotes skin healing in damaged skin.

Redness, peeling and swelling is normal for the first few days. If any discomfort occurs such as **excessive swelling** OR an **extreme amount of redness** ice the area, take a Motrin OR Tylenol, and over the counter hydrocortisone may be applied. If this does not resolve within a day please call the office (818) 592-6005 #2 for reception.