

POST-CARE INSTRUCTIONS

- **ABSOLUTELY NO SUN EXPOSURE FOR 48 HOURS.** Keep face covered even when driving, or near windows. The medicine that was applied will greatly increase your sun sensitivity and may cause a severe sunburn.
- Ice packs, aloe vera, or any other cooling preparation may be used to ease temporary Discomfort. A prescription for a topical steroid (**Desonide, Locoid, Hydrocortisone, etc.**) may also be called in to your pharmacy.
- Quick warm showers are recommended. **Avoid prolonged hot baths for 24-48 hours after treatment.** You may shower the same day after procedure if needed.
- Aerobic exercise, use of saunas and hot tubs should also be avoided for 24-48 hours.
- If the skin is broken or a blisters appear, apply an antibiotic ointment and notify us. The area should be kept lubricated to prevent crusting or scabbing of tissue. Samples of Aquaphor are provided in your PDT goodie bag and may be purchased at any drugstore.
- Pigmented lesions may turn gray or dark after treatment. As the skin heals, in 7-14 days, the spot will slough off. Do not rub or pick the lesion. Antibacterial or moisturizing ointment (Aquaphor) may be applied to the area as desired.
- Prolonged sun exposure is to be avoided for 4 weeks before and after the treatment. A total sun block, not sunscreen, should be applied if it is impossible to comply. If further treatment is needed a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
- Make-up can be applied as long as the skin is not broken. Make-up can also serve to protect the skin from sun exposure.
- Please remember that up to three treatments are required to achieve optimum results with either vascular or pigmented lesions.