

LEVULAN PHOTODYNAMIC THERAPY HOME CARE INSTRUCTIONS

Following treatment, the area will be red and may show faint brown scabs. This is an expected, temporary effect. This effect will last 2-7 days, depending on what part of the body is treated. The treated area is very delicate and should be treated with care. Please read and follow these instructions:

1. **Strict sun avoidance for 24 hours is mandatory.** Apply a moisturizing sunscreen SPF 30 or higher (e.g. Til-Silc*, Oil Free Moisturizing Sunscreen SPF 30*, or Glycolic Elite Sunscreen SPF 30*) to prevent discoloration, until skin is healed. Wear a hat outdoors for the first 1-2 days. Avoid sun exposure on the treated areas for 2 weeks, as the skin is very delicate.
2. Mild discomfort or stinging like a sunburn usually last no more than 1-2 days. You may be given a cortisone cream to use up to 3 times a day for no more than 3 days. Use this as needed to calm the skin and to reduce redness/irritation.
3. If swelling occurs, apply ice packs or ice water compresses. To prevent facial swelling, sleep with your head elevated.
4. If skin tightness, dryness or crusting develops do not pick, scratch or rub the area. Keep the area moist with a gentle moisturizing cream and sunscreen with SPF 30 or higher throughout the day.
5. If blistering occurs apply an antibiotic ointment for 2 to 3 days and protect the area from any sunlight exposure.
6. Showering is permitted. Do not soak in a hot tub or bath until the area is healed. Do not rub the treated area. Pat the area gently to dry so the skin is not disturbed.
7. Avoid swimming and contact sports if any bruising/red discoloration, swelling or crusting is present to reduce skin irritation and infection.
8. If the area develops tenderness, redness or shows signs of infection, please call the laser center.
9. Red discoloration may be present for several weeks. **Continue using the moisturizing sunscreen daily.**
10. You may apply make-up once the crusting/irritation has healed.

If you have any questions or concerns regarding your laser treatment, please contact the laser center at (310) 274-9954 ext. 227.