

Dermatology Associates Group Laser Center
465 N. Roxbury Drive Suite 801
Beverly Hills, CA. 90210
(310) 274-9954 ext. 227

PHOTODYNAMIC THERAPY INFORMATION

- Photodynamic Therapy (PDT) is used to treat certain types of acne, actinic keratoses (pre-cancerous skin lesions), redness and flushing, or sun damage. A naturally occurring light sensitizing amino acid (Levulan) is applied to the skin and subsequently “activated” by a light/laser treatment.
- **Patients with actinic keratoses**: For optimal improvement, approximately 2-4 treatments are recommended. The number of treatments can vary from person-to-person. The treatments are scheduled approximately 4 weeks apart. For continued benefit, we strongly encourage maintenance treatments.
- **Patients with acne**: Patients will need two consecutive treatments, two weeks apart, and a possible treatment in six months.
- **Skin preparation**: The diagnosed area will be scrubbed aggressively with acetone in order to prepare the skin for the Levulan.
- The Levulan will be applied and allowed to penetrate from 60-120 minutes for actinic keratoses and 30-45 minutes for acne. (Depending on the light source used, a topical anesthetic cream may be applied for 30 minutes to reduce any discomfort. **It is important to inform us if you are allergic/sensitive to Lidocaine/Novocaine**). The entire process may take up to 2-3 hours.
- Following the treatment you may experience mild discomfort and burning, redness, swelling, bruising, and possible skin peeling and dryness. Pigment and sun damage (including freckles) will turn dark and fade in approximately 7-14 days. The severity of these reactions varies from person to person, and may last for approximately 1-10 days.
- **The use of PDT requires strict sun avoidance for 24 hours following treatment.** Following the initial healing period, you must continue to avoid unprotected sun exposure to the treated areas.
- PDT is not performed on pregnant women or those attempting to become pregnant.

Please see the Pre-treatment Instructions on the following page. For a safe and effective treatment, it is important that you follow these instructions carefully.

PRE-TREATMENT INSTRUCTIONS

- **Sun exposure/tanning MUST be avoided** 3-4 weeks before and after treatment. This does include the application of self-tanning products. We recommend that you use sunscreen with an SPF 30 or above to be applied 2 or more times a day as needed. Strict sun protection is **required** while being treated with any laser to protect you from unfavorable outcomes such as skin discoloration and/or burning.
- **If you are currently taking any medications**, please notify one of our Registered Nurses. Any medication that causes light sensitivity (certain diuretics, antibiotics, anti-hypertensives, etc...) or thinning of the blood (i.e. Coumadin, Aspirin, Ibuprofen, etc...) may increase your risk of side effects and be contraindicated in combination with a light/laser procedure. It is important that you tell your Registered Nurse if you are currently taking one of these medications and/or supplements prior to the day of treatment. Advanced notice can help us deliver the best possible outcome. In addition, we recommend that you abstain from drinking alcohol for 24-48 hours prior to and following your treatment.
- **If you apply any topical medications or products** that contain glycolic acid, Retin-A, vitamin C, or bleaching cream please refrain from using them starting 3 days prior to your treatment. You may resume usage 2-3 days following your appointment. Also avoid using abrasive scrubs or exfoliants 2-3 days before and after treatment. We recommend the use of a mild cleanser and moisturizer.

Please call our “Laser Center Treatment Information Line” with any further questions or concerns. One of our qualified staff members will be happy to speak with you.

**Treatment Information Scheduling Appointments
Line (310) 274-9954 Ext. 227**