Photodynamic Therapy
Aftercare Instructions

It is very important that you avoid outdoor light during the next 24 hours. Stay out of sunlight and bright indoor light. You may experience stinging and burning of the treated area for up to 24 hours, possibly longer in some cases. Some patients experience temporary redness and swelling of the treated skin, followed by peeling for one to two weeks after treatment.

Beginning the morning after your procedure, apply compresses of a dilute vinegar solution (2 tablespoons of distilled white vinegar in 1 quart of water) twice daily to prevent colonization of bacteria. Then, cleanse the treated skin with a mild cleanser and apply a moisturizer. Be certain that the moisturizer does not contain any chemical sunscreens or fragrance. We offer a post procedure kit, for purchase that contains products that are non-irritating and anti-inflammatory. These help you to heal more quickly. An alternative is a bland product such as Cetaphil. We also have available a thermal spring water spray containing antioxidants which is very soothing to the skin. You may begin using these products immediately following the procedure.

To relieve discomfort of the symptoms you may take Benadryl, aspirin or non-steroidal anti-inflammatory like Advil, Motrin or Aleve.

Do not use retinol or Retin-A, salicylic or glycolic acid products in the first few days while the skin is red and inflamed.

Please schedule a follow up appointment in 4-6 weeks to evaluate areas treated.