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*Post-Care for PDT (Photodynamic Therapy)*

**If you have a history of cold sores, please take Valtrex 2 grams the day of the procedure and 2 gm the following day. Please let us know if you need a prescription.**

**You may also need a prescription for Biafine cream to help you heal.**

**2 Days Prior to Treatment:**

1. Stop using retinoids (Retin-A, Differin) glycolic acid cleansers and all acne products.
2. You must avoid sun exposure (including fake tanning supplies and tanning beds) for 24 hours prior to your appointment.

**Right after Treatment (Day 1):**

1. You **MUST** remain indoors and avoid direct sunlight. Brief car trips are permissible with mandatory sunblock.
2. Start vinegar soaks any time after the treatment. Expect some blistering and crusting; the soaks will help you heal quicker and feel great. Soak the areas with a solution of 1/3 cup white vinegar in 1 gallon ice water for 20 minutes. Ice can be applied directly over the soaks. After the soaks, pat dry and apply Aquaphor or Biafine cream. This can be done every 4-6 hours.
3. Apply Aquaphor or Biafine cream as needed.
4. Take Tylenol or Advil as necessary.
5. You can apply frozen bags of peas or ice packs to the area to help with any swelling or discomfort.
6. Elevate your head on two pillows while sleeping to reduce swelling.

**Day 2:**

1. You may take a shower. Men should not shave if their skin is very irritated.
2. Wash only with a mild cleanser. Pat the area gently to dry.
3. Continue vinegar soaks and the Aquaphor or Biafine cream until healed.
4. You may continue to take Tylenol or Advil. Any discomfort usually subsides by day 3.
5. Avoid sunlight and remain indoors on Day 2.

**Day 3-7:**

1. Redness and peeling is usually gone in 3-5 days, but may last up to 2 weeks.
2. Skin may feel dry and tightened. Do not scratch, pick or rub the area. Use the vinegar soaks until healed and the Aquaphor or Biafine cream to moisturize as needed.
3. Do not resume acne products, retinoids or glycolics until redness and irritation have subsided.
4. Apply **SUNBLOCK containing Zinc Oxide or Titanium Dioxide** every morning. Reapply every 90 minutes during outdoor activities.

If you have any problems, please call our office.

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