

## PDT Photo Dynamic Therapy Aftercare Sheet

### What to expect:

- You may experience some discomfort following treatment such as stinging or burning sensation, this can be managed with paracetamol
- The treated skin may become swollen, red and sore. There may be raw areas which weep which is a normal part of wound healing and does not necessarily mean that the skin is infected. If you think your skin is infected, contact your doctor as soon as possible and do not self treat with antiseptics such as Dettol.
- Your skin may feel dry and rough like sandpaper and feel itchy and tight for up to 2 weeks following treatment. Your skin may form crusts or flake and peel, it is important that you do not pick this off. Keep skin moisturised with your practitioner approved product - it is ideal to apply less moisturiser more often rather than a lot of moisturiser only once or twice a day.
- You may experience some pigmentation that will flake and fall off on its own - it is important that you do not pick this off. Your skin may appear darker for up to a 2 weeks post treatment - this is completely normal and part of the healing process.

### Post Treatment Instructions

- Do not wash your face on day of treatment, you can apply a gentle moisturiser if needed
- You can apply cold compress to the face for 20 minutes on and 20 minutes off if needed - do not put ice or ice packs directly on the skin, please cover with a cloth
- Avoid touching the face for 24 hours
- Drink plenty of water
- Mineral makeup can be worn 7 days post treatment
- Gentle cleanser and a gentle moisturiser can be used from the day following treatment for 7-14 days
- No use of exfoliants, AHA or BHA and Retinol or Retin-A (Vitamin A) containing products (these are commonly exfoliating cleansers, toners, scrubs, serums, or masks) for minimum of 14 days post treatment.
- No excessive exercise for 24 hours. We recommend avoiding strenuous exercise/perspiration for 7 days post treatment
- No swimming for 2 weeks post treatment
- No hot tubs, saunas, steam rooms or excessively hot showers for 7 days post treatment
- Avoid hot water directly on the face for 24 hours
- Avoid sun exposure for minimum of 2 weeks - this is very important in order to avoid post-inflammatory pigmentation. If you need to be out in the sun please ensure you are protected with SPF and a hat.
- If you are a smoker it is recommended that you stop/avoid smoking while the skin is healing.