



Grossmont Dermatology Medical Clinic

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SKIN CARE FOLLOWING BLU-LIGHT PDT TREATMENT

Day of treatment:

- Do not wear sunscreen, moisturizers or lotions to the treatment session.
- Bring to treatment the following: wide-brimmed hat, long-sleeve shirt, gloves, bandana or scarf.
- Please trim hair on any areas to be treated.

Following treatment:

- Cleanse the area with cool water after returning home from treatment using mild soap such as SkinResource.MD Gentle Cleanser (available for purchase in our office). Use SkinResource.MD "Total Resource" moisturizer in combination with the zinc oxide ointment in order to keep your skin moist and protected from sunlight.
- You may begin applying cool compresses, ice packs or a bag of frozen peas to the area to keep the area cool and reduce discomfort. Swelling will be most evident around the eyes and is usually most prominent in the morning. It will subside spontaneously and is harmless.
- Remain indoors and avoid direct sunlight for the first 48 hours; **stay indoors**. If you must go outdoors be certain to wear protective clothing.
- Spray cool water on your skin frequently - this will reduce the sense of irritation.
- You may take anti-inflammatory medications such as ibuprofen, if necessary, to reduce the discomfort.
- Take Benadryl 25 mg (over the counter), if needed for itching. Do not drive while taking Benadryl. Sarna Sensitive (over the counter) is also helpful for itching.

Day 2-7:

- Minimize your sun exposure by wearing protective clothing and hat.
- Continue to take anti-inflammatory medication, if needed, and ice packs to reduce swelling.
- If blisters form you should soak the treated area with a solution of 1 teaspoon white vinegar in 1 cup of cold water. Ice should then be applied directly over the vinegar compresses. After soaking and applying ice for approximately 20 minutes the area should be patted dry and Aquaphor or Vaseline may be applied.

After Day 7:

- Continue your sun protection using the appropriate sunscreen and clothing.
- Once the crusting subsides the treatment area may remain red or pink. This will gradually subside over a period of 7 days to 7 weeks. (Faces heal faster than arms and chests)

SKIN. It's What We Do.™