

# Photodynamic Therapy Post-Treatment Instructions

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- Avoid sunlight both direct (outdoors) and indirect (through car, office and home windows) for 36 hours
- Avoid bright indoor lighting for 36 hours
- Wear protective clothing and sunblock during any direct or indirect light, but remember avoidance is recommended. IF YOU FEEL A TINGLING, BURNING AND/OR PAIN, then you have exposed yourself to too much direct or indirect light. You should stay indoors and keep your curtains closed and a dim lamp lit.
- Use Cool compresses on the treated areas.
- Apply topical emollients such as Vaseline, Aquaphor, Cetaphil cream or Cerave Cream.
- Expect increasing redness and inflammation for approximately 2 days.
- Over the next 7-10 days, the redness should subside.