

Photodynamic Therapy Post-Op Instructions

First 48 Hours:

1. Remain indoors and strict avoidance of direct or indirect sunlight (including through windows) and indoor fluorescent lighting.
2. Wash with a gentle cleanser twice a day. Suggestions include Nourishing Skin Cleaner or CeraVe Hydrating Cleanser (available over the counter).
3. Apply Cicalfate and Vanicream every 1-2 hours.
4. Apply a sunscreen SPF 30+ (must contain zinc oxide). Reapply every hour.
5. May apply ice packs every 3-4 hours for 15 minutes as needed.
6. May take Tylenol as needed.

Day 3-7 Following Treatment:

1. Avoid sun and stay indoors as much as possible.
2. Wash with a gentle cleanser twice a day.
3. Apply Cicalfate and Vanicream several times a day as needed.
4. Apply a sunscreen SPF 30+ (must contain zinc oxide). Reapply every hour if outside or near any windows with direct or indirect sunlight.
5. May apply makeup.
6. Continue ice packs if needed.
7. Continue Tylenol or ibuprofen if needed.

Day 8-15 Following Treatment:

1. Wash with a gentle cleanser.
2. Apply moisturizer and sunscreen SPF 30+ (must contain zinc oxide).
3. Continue to avoid sun exposure as much as possible.

Please call the office or contact us through Klara if you have any questions or concerns.



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+ AESTHETICS
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