



Home Care Instructions: Photodynamic Therapy (PDT)

Day 1:

- Apply ice packs and Biafine throughout the day to help with initial discomfort. This will help keep the area cool, alleviate pain, and minimize swelling. Swelling can be more prominent around the eyes, especially the morning after treatment.
- Stay indoors and avoid direct sunlight for 24-48 hours.
- You can cleanse your face using a gentle or sensitive skin cleanser.
- If you have a history of cold sores, please let your provider know. You may be advised to take antiviral medication.
- Aquaphor can be used for the lip area if dry/cracked.

Day 2-3:

- You may wake up swollen. Your eyelids may be swollen even though they were not treated. This is normal.
- Benadryl and/or Prednisone may help with swelling.
- Continue to wash with a gentle or sensitive skin cleanser and apply your Biafine. You may want to start using Elta MD Moisturizer (or Aquaphor) once the peeling starts.

Day 3-7:

- Continue to wash with a gentle or sensitive skin cleanser, apply biafine, and continue with Elta MD moisturizer or Aquaphor ointment as this may help with the peeling that should start once your swelling subsides. You can use these as much as you want.
- Once you feel you don't need the greasiness of the ointment, you may switch to Skinmedica Ceramide Treatment Cream. This will soothe and hydrate the skin for faster healing and better results.
- When going outdoors, use a mineral-based sunscreen with zinc oxide such as Elta MD or Skinmedica Mineral Defense sunscreen to help protect the treated area. This is primarily chemical free and will not irritate your skin as other over the counter sunscreens may during the healing process.
- Once peeling has healed, you may use makeup.
- The area may be slightly red for 1-2 weeks post-treatment.



Please call our office with any questions or concerns, 513-984-4800.

We would like to see you for a follow-up appointment in 2 weeks.

Call or text Dr. Mona with any questions or reactions if after hours at 513-885-0555.