



HOME CARE INSTRUCTIONS: PHOTODYNAMIC THERAPY

IMPORTANT: If you have a history of cold sores, please let your provider know. You may be advised to take antiviral medication.

Post-Care Products:

1. Traditional Moisturizer

- Available at our office: Avène Cicalfate, CeraVe PM Facial Lotion
- Over-the-counter (Drugstore, Kroger): Vanicream Daily Facial Moisturizer, Cetaphil Daily Hydrating Lotion

2. Occlusive Moisturizer/Ointment

- Available at our office: EltaMD Intense Moisturizer
- Over-the-counter: Vaseline Healing Jelly or Aquaphor Healing Ointment

3. Aquaphor Healing Ointment: For the lip area (if treated) - Apply if they get dry or cracked

4. Mineral-Based Sunscreen: This is primarily chemical-free and will not irritate your skin as other sunscreen may during the healing process.

- Available at Our Office: SkinMedica Mineral Shield, EltaMD UV Physical, or ColoreScience No-Show, EltaMD UV Skin Recovery
- Over-the-counter: Make sure to purchase a sunscreen with Zinc Oxide or Titanium Dioxide are the only active ingredients.

5. You may want to have Benadryl, Allegra, Zyrtec or Claritin on hand to help with swelling.

6. Gentle Cleanser

- Available at our office: Avène Tolerance, Alastin Ultra Calm Cleansing Cream, CeraVe Cream-to-Foam Cleanser
- Over-the-counter: Cetaphil Gentle Cleanser or CeraVe Cream-to-Foam Cleanser

Day 1: STAY INDOORS AND AVOID DIRECT SUNLIGHT FOR 24-48 HOURS.

The main thing to remember is that you do not want your skin to get dry once you start peeling, because this increases risk of infection. Use an occlusive moisturizer/ointments (brands listed on page 1) as much as needed or desired.

- You may apply ice packs on and off every 20 minutes throughout the day to help with initial discomfort. This will help keep the area cool, alleviate pain, and minimize swelling.
- You can cleanse your face using a gentle or sensitive skin cleanser. Apply moisturizer 3x/day and use occlusive moisturizer as needed for peeling or very dry areas.

Days 2-3:

- You may wake up swollen. Your eyelids may be swollen even though they were not treated. This is normal. Swelling can be more prominent around the eyes, especially the morning after treatment.
- Taking Benadryl, Allegra, Zyrtec or Claritin may help with swelling.
- If you are very swollen and uncomfortable, prednisone may help. Let us know and we can send that prescription over to your pharmacy.
- Continue to wash with a gentle or sensitive skin cleanser and applying your post care moisturizers.

Days 4-7:

- Continue to wash with a gentle or sensitive skin cleanser, apply your post care.
- Once you feel you don't need the greasiness of an ointment, you may switch to using only your moisturizer. This will soothe and hydrate the skin for faster healing and better results.
- When going outdoors, use your mineral-based sunscreen to protect the treated area.
- Once peeling has healed, you may use make up.
- The area may be slightly pink for 1-2 weeks post treatment.
- You will have a follow-up appointment in 2-4 weeks.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS, 513-984-4800.

If you have a reaction or urgent question, please call Mona Foad, M.D. at (513) 855-0555.