

## Cosmetic Dermatology Center, PLC

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### Photodynamic Therapy Post-Care Instructions

In addition to the Photofacial post-care instructions, the following should be noted:

- **Sun avoidance** for 48 hours after treatment is critical. Even sun through a window can cause a burn, so do not sit next to a window or go for a long drive in the car.
- Wear a sunscreen with an SPF of 30 or higher, which contains a physical sun block such as titanium dioxide or zinc oxide.
- Cool compresses or ice packs may be used to relieve the ‘sunburn’ feeling after treatment. Tylenol may be taken for discomfort if needed.
- Occasionally mild swelling or puffiness around the eyes may be noted. This usually lasts only 1-2 days.
- If your skin peels after the treatment **do not pick, scratch or peel** the skin off. Allow it to come off on its own. Moisturizer may be applied frequently throughout the day. [Lipid Drops are especially helpful.]
- Do not apply any products with exfoliants or acids (Retina-A, Renova, Salicylic acid, Glycolic acid, etc.) to the treated area until Dr. Hayre approves their usage.
- **If a blister appears do not pick, scratch or open it, as this will cause scarring.**
- Some areas may develop crusts. These are usually areas with precancerous changes. Do not pick or scratch them, as scarring will develop. Precancerous changes are usually reversed after the first treatment. Once reversed, the crusts usually do not recur with subsequent treatments.
- Skin textural improvements are seen over the 6-9 months following your series of treatments. The more treatments performed, the greater the skin texture improvements will be.