

PHOTODYNAMIC THERAPY

PRE AND POST TREATMENT INSTRUCTIONS

Before Treatment Starts: It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment. Treatment is not recommended if you are pregnant or nursing.

During the treatment, you may feel stinging, tingling, prickling or burning of the lesions but this should go away after the treatment.

Pre-Treatment Instructions:

1. Patients who have a history of recurring cold sores (Herpes simplex type I) should start oral Valtrex 500 mg tablets, two tablets twice daily for three days starting this prescription the morning of your PDT treatment.
2. Please ensure your skin is clean and free of all make-up, moisturizers, and sunscreens. Bring a hat, sunglasses, and scarf when appropriate to the clinic to protect your skin from sun exposure following treatment.
3. Sunscreen must be applied to ensure that there is no tanning during the course of treatment.
4. An acetone scrub is performed. This will enhance the absorption of the Levulan and promote a much more even uptake of the drug.
5. Levulan is applied topically to the whole area/zone to be treated (for example whole face, back of the hands, extensor part of the forearms, etc.).
6. The Levulan is left on for 60 minutes prior to light treatment.
7. The Levulan is activated with the BLU-U light. This unique spectrum of light activates the Levulan beginning with low energy levels. This is painless or with mild discomfort but requires 4-16 minutes to complete.

Post Treatment Instructions:

1. Keep treated area clean with mild soap/water, allow to air dry. Wash with cool water and avoid hot water.
2. Avoid the sun and bright light. The skin is very sensitive to bright light for 24-48 hours after treatment. For the first 24 hours, patients should remain indoors, and apply a minimum of an SPF45 for the following week, even when indoors.
3. Naturally, you can use your topical acne lotions in between your Levulan treatments once the redness has settled down after a few days.
4. Patients may experience some temporary reddening and minimal swelling of the acne and surrounding skin in the following 3 to 7 days. Some crusting may be noted. Blistering and scabbing can occur if you do not follow directions. There should be some discomfort but no significant pain.
5. If your skin feels uncomfortable or if swelling develops, apply cold compresses or ice packs as needed. Take Tylenol or Advil if needed.
6. Hydrocortisone 1% cream, preferably with Aloe (non-prescription) can be applied if skin is puffy and inflamed. Most of the time, pure aloe vera gel is also soothing and speeds healing without the use of any actual medications.
7. After a week, there might be some residual redness, especially around the eyes, that will subside after a few days and can be covered with makeup.
8. Please call us at 425-316-8200 if you experience any extreme pain or unusual circumstances.

Please note: *Protective eyewear may be necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.*

INSURANCE CODING: Mill Creek Skin & Laser does not bill insurance. The following codes are provided as a courtesy only should you wish to submit to your insurance company.

ICD-9: 706.1 - Acne / HCPCS Code J7308 – Levulan Kerastick / CPT Code 96567 PDT – Blu-U Light

Patient Name

Patient Signature

Date

Mill Creek Skin & Laser Center

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Hours: Tuesday-Saturday 10:00 AM-6:00 PM