

PHOTODYNAMIC THERAPY

Pre and Post Treatment Instructions

IMPORTANT:

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- **We CANNOT treat you** if you have been tanning, including self-tanners and spray tanning, 4-6 weeks prior to your appointment.
- If you are non-Caucasian or Caucasian with melasma, you **MUST PRE-TREAT** with 4% hydroquinone or Lytera 2.0 2-4 weeks prior to each treatment you receive at Mill Creek Skin & Laser.
- Results can vary from person to person.

CONTRAINDICATIONS

Laser is contraindicated for those patients who:

- Are pregnant or breastfeeding
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes) or immunosuppressants.
- Take medications that alter wound healing response
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have Pace maker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions
- Have received gold therapy

Pre-Treatment Instructions

1. Patients who have a history of recurring cold sores (Herpes simplex type I) should start oral Valtrex daily for three days starting this prescription the morning of your PDT treatment.
2. Do not use any products containing Retin-A or Retinol 7 days prior to treatment.
3. Please ensure your skin is clean and free of all makeup, moisturizers and sunscreens. Bring a hat, sunglasses and scarf when appropriate to the clinic to protect your skin from sun exposure following treatment.
4. Sunscreen must be applied to ensure that there is no tanning during the course of treatment.
5. Ameluz is applied topically to the area(s) to be treated (for example, whole face, back of the hands, etc.)
6. The Ameluz is left on for a predetermined amount of time prior to the light treatment.
7. The Ameluz is activated with the BLU-U light. This unique spectrum of light activates the Ameluz beginning with low energy levels. This is with mild discomfort but requires 4-16 minutes to complete.

During the treatment

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

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, if possible, or limit outdoor activities, and apply a minimum of an SPF45 for the following week, even when indoors.
3. You can use your topical acne lotions in between your Ameluz treatments once the redness has settled down for a few days.

PHOTODYNAMIC THERAPY Pre & Post Treatment Instructions

4. Patients may experience some temporary reddening and swelling of the acne and surrounding skin 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 and Hydrocortisone 1% cream 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.
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 note: *Protective eyewear may be necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.*

If you experience excessive discomfort please call us at 425-316-8200. After hours, press 5 to page the Dr. Please leave a detailed message with your full name and phone number.

Patient Name (Print)

Patient Signature

Date

Guardian Name (Print)

Guardian Signature

Date

Relationship