



# Heather J. Roberts, M.D.

A Medical Corporation

Dermatology & Dermatologic Surgery  
Cosmetic & Laser Surgery

Diplomate, American Board of Dermatology  
Fellow, American Academy of Dermatology  
American Society of Dermatologic Surgery  
California Dermatology Society  
The American Society for Laser Medicine and Surgery  
Skin Cancer Foundation  
Clinical Associate Professor of Dermatology,  
USC Keck School of Medicine

## PHOTODYNAMIC THERAPY (PDT) AFTERCARE

### Post treatment medication:

Cleanse: Toleriane Dermo/Foaming /Cetaphil / PS Sensitive Skin / Nia24  
Hydrate: Avene Mist spray every 1-2 hrs for swelling or redness.  
Repair: TNS \_\_\_\_\_ x day / Biafine \_\_\_\_\_ x day / Aquaphor \_\_\_\_\_ x day / Replenix \_\_\_\_\_ x day /  
K-Derm \_\_\_\_\_ x day / Bionect cream \_\_\_\_\_ x day  
Calm: Locoid Lipo cream \_\_\_\_\_ x day / Pandel \_\_\_\_\_ x day / Dermatop \_\_\_\_\_ x day/  
Soothing Beyond Measure \_\_\_\_\_ x day  
Arnica 4 tablets under tongue 4 x per day / Advil 1-2 tablets every 6 hrs for pain/swelling  
Protect: Up the Anti SPF 30 / SkinCeuticals SPF 30  
Prevent: Valtrex / Famvir \_\_\_\_\_ mg/day x \_\_\_\_\_ days.

Other: \_\_\_\_\_

Following treatment, the area may be red and sting like a sunburn. Faint brown scabs may occur. This is an expected temporary effect which will last 2 – 7 days, depending on what part of the body is treated. The treated area is very delicate and should be treated with care. Please read the following:

### Following PDT, you must stay indoors for 24 hrs. This will prevent the reaction from continuing.

1. If swelling occurs, apply ice packs or ice water compresses. To prevent excessive facial swelling, sleep with your head elevated. If swelling is marked, Dr. Roberts may prescribe oral or topical steroids.
2. If skin tightness or crusting develops do not pick, scratch or rub the area. Keep the area moist with the creams above throughout the day until healed.
3. Showering is permitted. Do not soak in a hot tub or bath until the area is healed. Do not rub the treated area with a face cloth or towel. Pat the area gently to dry so the skin is not disturbed.
4. Avoid swimming and contact sports if any bruising/red discoloration, swelling or crusting is present to reduce skin irritation and infection.
5. When peeling starts, soak the areas with a 4x4 cotton gauze dipped in solution of 1 teaspoon of white vinegar in 1 cup cold ice water. Re-apply soaked gauze to affected areas every 1-2 minutes for 20 minutes total. Ice can be applied directly over the soaks. After the soaks, pat dry and re-apply **Biafine Emulsion** and/or \_\_\_\_\_ . Repeat this procedure every 4 – 6 hours while awake until healed.
6. If the area develops blisters, yellow crusting, tenderness, severe redness or other signs of infection, please call our office immediately.
7. **Strict sun avoidance for 24 hours is mandatory.** Apply sunscreen SPF 30 or higher daily for best results. Wear a hat when outdoors. Avoid direct sun exposure on the treated areas for 2 weeks as the skin is very delicate.
- 8.
9. Red discoloration may be present for up to 1 – 2 months. If it occurs, follow Dr. Roberts' instructions on skincare and apply SPF 30 or greater daily. (Reapply every 1-2 hours if outdoors).
10. Peeling usually stops 5 – 10 days following treatment. Once peeling stops, you may resume your usual skincare routine and apply makeup as needed. A green-tinted make-up will help mask any redness.

**Continue above until completely healed.**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR TREATMENT,  
PLEASE CONTACT OUR OFFICE.**