

## **Preparing for photodynamic therapy for the treatment of Actinic Keratoses**

1. You should not use a topical retinoid 5 days before or after treatment.
2. If you have a history of cold sores, let your physician know.
3. Bring a wide brimmed hat to wear home from the treatment.
4. You are encouraged to take the following day off from work to avoid sun exposure.

### **Day of treatment**

1. You will be instructed to wash the area being treated with a cleanser.
2. You will receive an aggressive acetone scrub to degrease the skin. It is important to continue this process until there is no evidence of any sebum left on the surface of the skin.
3. A topical solution, Levulan, will be applied to the area being treated. This will remain on the skin for 60 minutes or more, depending upon the area being treated. During the incubation period, you should not be exposed to direct sunlight. You are advised not to leave the premise if treating the face.
4. Upon completion of the incubation period, you will be asked to wash the area with a mild cleanser.
5. You will then be exposed to the blue light for 16 minutes, 40 seconds. You will be instructed to wear protective eyewear and will be given a fan to make the process more comfortable.
6. Upon completion, you will apply a moisturizer and a physical sunscreen.
7. **You are advised to avoid sun exposure for 24-36 hours!**