

PREPARING FOR PHOTODYNAMIC THERAPY FOR TREATMENT OF ACNE VULGARIS

1. Do not use a topical retinoid five days before or after treatments. The treatment may trigger an outbreak, which is normal. This outbreak may last from 3-7 days.
2. Bring a wide brimmed hat to wear home from the treatment.
3. You are encouraged to take the day after the treatment off from work or school to avoid sun exposure.
4. Discontinue use of Accutane 4-6 months prior to treatment.

Day of treatment

1. 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.
2. A topical solution, Levulan, will then be applied to your skin. This will remain on your skin for an incubation period of 60 minutes.
3. Upon completion of the incubation period, you will wash the skin with a mild cleanser.
4. Your skin will then be exposed to the blue light for approximately 10 minutes. You will be instructed to wear protective eyewear and will be given a fan to make the process more comfortable.
5. Upon completion of the blue light exposure, you will be instructed to apply a physical sunscreen and advised to avoid sun exposure for 24 hours.
6. You will return for a second treatment after one month. Two weeks after the second treatment you will be instructed to see your physician for evaluation.