

## **Home Care Instructions following Photodynamic Therapy**

### Day of treatment:

1. Begin applying ice packs to the treated area for 24-48 hours. This will help keep the area cool and alleviate any discomfort, as well as keep down swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
2. Remain indoors and avoid direct sunlight. Do not sit by a window
3. You may spray on, a thermal spring water such as Evian. This will keep the heat under control.
4. Wash, moisturize and apply a sunblock. The staff will give you recommendations.

### Day 2-7:

1. Wash, moisturize and apply a chemical free sunblock daily. Recommendations include SkinCeuticals Gentle Cleanser, Aquanil or Cetaphil liquid cleansers. Recommended moisturizers include Cetaphil, Eucerin or Aveeno creams. Recommended sunblocks include SkinCeuticals Physical Defense or those which contain zinc oxide.
2. You may begin applying make-up once any crusting has healed. The area may be slightly red for 1-2 weeks.
3. The skin will feel dry and tightened. Repeat application of moisturizer helps.
4. Try to avoid direct sunlight for one week. Use a sunblock that contains zinc oxide as stated above.