

PHOTODYNAMIC THERAPY (PDT) BLU-U® LIGHT

PRE-TREATMENT INSTRUCTIONS:

1. Patients that have a history of recurring cold sores (Herpes Simplex Virus) should take oral Valtrex 1 gram tablets, two tablets, twelve hours apart, on the day of your photodynamic therapy (PDT) treatment.
2. Your doctor will prescribe a mild prescription topical cortisone cream to be used after treatment. Please have this filled at the pharmacy before the day of your treatment.
3. Make sure your skin is clean and free of all make-up, moisturizer, and sunscreen. You may wash this off at the office if you wish. Bring a hat, sunglasses, and/or scarf (or any sun protective clothing and accessories) with you to your appointment so that you may wear them following treatment.

WHAT TO EXPECT ON THE DAY OF YOUR TREATMENT:

1. Photographs may be taken before and after the treatment to help track your progress.
2. You must sign a consent form.
3. An acetone/ alcohol preparation is performed by the staff before the application of the. This will enhance the absorption of the Levulan or Ameluz and ensure a more even uptake.
4. The Levulan solution or Ameluz cream is applied to the entire area to be treated (i.e. face, hands, chest, etc.) by a staff member.
5. The area(s) to be treated will be placed under the BLU-U light for approximately 16 to 17 minutes (treatment time). There may be a tingling sensation during your treatment.
6. Once the treatment has finished, a staff member will apply sunscreen to all treated areas before you leave the office.

POST-TREATMENT INSTRUCTIONS:

1. **You MUST stay away from sunlight for 48 hours following your BLU-U light treatment.** Sunscreens will not protect the treated areas from photosensitivity reactions caused by visible light.
2. Utilize the mild topical cortisone cream if prescribed by your doctor as directed. If you have any questions or concerns, please contact our office.