



## AFTER CARE for PHOTO DYNAMIC THERAPY (PDT)

Shower and wash the area immediately and as often as needed. Gently wash the area with soap and water two to three times a day, and apply Aquaphor or Vaseline to the area. Avoidance of harsh or abrasive cleansers is advised. Picking or scrubbing the skin could cause severe irritation or scarring.

Avoid applying makeup or powder directly on a fresh or open wound unless the surface is fully healed. A nonirritating sunscreen such as zinc or titanium may be applied immediately after the procedure before leaving the physician's office. Sunscreens should be applied twice a day after PDT. It is important to follow your own physician's instructions for wound care.

Mild to moderate redness / swelling is not uncommon the first day or two after PDT and can be lessened by application of an ice bag, ice cubes or chips in a small Ziploc bag, or frozen peas in their bag. Applying cool packs or ice every five to 15 minutes every hour for the first eight to 24 hours after your procedure may be very soothing. Swelling may be more common for procedures around the eyes or lips. Sleeping propped up on a few pillows or in a reclining chair may help decrease swelling after treatment of the head and face area.

### Open Wet Dressings for Relief of Itching / Burning

Open wet dressings are used for relieving the itching and irritating symptoms associated with many inflammatory skin conditions. They allow for cooling by continuous evaporation of water. They are used to decrease redness, burning, itching, and weeping of skin lesions. They will help make you more comfortable.

1. Use a single thickness, thin white material such as a pillow case, handkerchief, or bed sheet. Do not use a towel or wash cloth.
2. Place the material in cool water.
3. Squeeze out excess water.
4. Unravel material and cover red, itchy areas with wet dressing (only 1 layer thick).
5. Allow this to remain on skin for 20 minutes. Do not cover with a blanket.
6. Do the above routine 2-3 times a day as needed

Your physician should be notified of any infections, cold-sore outbreaks, extreme swelling, or other unexpected reactions. Rarely, a visit to the physician's office may be necessary for severe swelling or infection. Oral antibiotics, cortisone creams, tablets, or other medications may be required for adverse reactions.

