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Post Care Instructions for Photodynamic Therapy (ALA-PDT) “Blue Light”

What to expect:

After application of the ALA solution, your skin will be more sensitive to the sun (even indirect sunlight) for 48 hours. **If proper protection is not used, a severe blistering sunburn reaction may occur.** Additionally, your skin may peel for up to 1 week following treatment.

Sun Protection:

- Apply protective sunscreen containing Zinc or Titanium (at least SPF #30) every three hours during daylight hours in this 48 hour period of time.
- Wear a broad-brimmed hat, sunglasses and a scarf if you have to be outside during the day. However, we recommend staying indoors during the day time for the first 48 hours.
- Avoid all ultraviolet light (example: avoid sitting next to windows). Draw your shades/curtains to minimize household natural light. Household fluorescent or regular light exposure is **not** harmful.
- Apply SPF 30 or higher for the following 2 weeks.

Can I shave or wear makeup?

- You may shave 48 hours after therapy.
- You may apply makeup to face approximately one week after treatment, when skin stops peeling.

Side Effects:

- If **crusting** occurs, apply a petroleum based ointment (Vaseline/Aquaphor).
- If **swelling** occurs:
 - Sleep with your head elevated on 2 pillows.
 - Apply a cool compress for 10 minutes every 1-2 hours.
 - Take ibuprofen (Advil, Motrin, etc.) every 4 hours.
 - Okay to take antihistamine to help decrease swelling (Zyrtec, Claritin, etc.)
 - Use OTC hydrocortisone for irritated areas.

CALL OUR CLINICAL LINE AT 978-254-1612 IF YOU HAVE ANY QUESTIONS OR CONCERNS