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