

PHOTODYNAMIC THERAPY (PDT) WITH KERASTICK

PRE-OP

1. TREATMENT UNDER THE LIGHT CAN BURN AND STING. WE CAN PROVIDE PAIN MEDICATION AT THE TIME THE SKIN MEDICATION IS APPLIED.
2. IF YOU ARE PRONE TO COLD SORES, LET THE DOCTOR KNOW SO SHE CAN GIVE YOU A PRESCRIPTION FOR VALTREX, FAMVIR OR ZOVIRAX. YOU WILL START ON THE DAY OF TREATMENT.
3. BRING A WIDE BRIMMED HAT AND NON-CHEMICAL SUNSCREEN (ZINC OXIDE OR TITANIUM DIOXIDE) OR YOU MAY PURCHASE SUNSCREEN FROM US ON THE DAY OF TREATMENT.
4. FOR 48 HOURS AFTER THE PROCEDURE YOU WILL NEED TO BE INDOORS. WE RECOMMEND THAT YOU DO NOT DRIVE AFTER YOU ARRIVE HOME SINCE YOU MAY GET SUN EXPOSURE THROUGH THE CAR WINDOW. YOU SHOULD PLAN TO TAKE SEVERAL DAYS OFF OF WORK OR SCHOOL.
5. AFTER THE FIRST 48 HOURS YOU MAY BE OUTDOORS WITH SUNSCREEN. WOMEN MAY COVER-UP WITH MAKEUP.

POST-OP

1. THE NORMAL RESPONSE TO PDT IS A SEVERE SUNBURN-LIKE REACTION FOR 7 DAYS. BLISTERING AND SOME SCABBING MAY OCCUR FOR THE FIRST FEW DAYS.
2. IF YOU ARE PRONE TO COLD SORES, TAKE VALTREX, FAMVIR OR ZOVIRAX AS PRESCRIBED.
3. WASH WITH A GENTLE CLEANSER SUCH AS CETAPHIL OR TOLERIANE (AVAILABLE IN OUR OFFICE).
4. FOR THE INITIAL HEALING PHASE A SOOTHING, HEALING OINTMENT SUCH AS AQUAPHOR OR CICLAPLAST (AVAILABLE IN OUR OFFICE) SHOULD BE APPLIED. A GENTLE MOISTURIZING CREAM SUCH AS TOLERIANE CREAM (AVAILABLE IN OUR OFFICE) OR CETAPHIL CAN ALSO BE USED. BURNING AND STINGING CAN BE REDUCED BY SPRAYING THE FACE WITH COLD MINERAL WATER SUCH AS LA ROCHE-POSAY MINERAL SPRAY (AVAILABLE IN OUR OFFICE) AND BY KEEPING THE HEALING CREAMS AND OINTMENTS IN THE REFRIGERATOR.
5. FOR SUNSCREEN, IT IS RECOMMENDED THAT YOU USE A NON-CHEMICAL SUNSCREEN WITH ZINC OXIDE OR TITANIUM DIOXIDE SUCH AS OBAGI #35 (AVAILABLE IN OUR OFFICE) OR ONE OF THE NEUTROGENA PRODUCTS WITH THOSE INGREDIENTS.
6. REDNESS, CRUSTING AND BLISTERING WILL BE IMPROVED BY 7 DAYS ALTHOUGH SOME REDNESS MAY PERSIST. YOUR SKIN'S REACTION TO THE TREATMENT DEPENDS ON THE SEVERITY OF PRECANCERS AND SUN DAMAGE. GENERALLY MOST OF THE REDNESS (OR PINKNESS) IS GONE BY 10-14 DAYS.