



## PHOTODYNAMIC TREATMENT FOR ACTINIC KERATOSES

### Pre Procedure Instructions

#### Preparation:

- You will be required to stay inside for 48 hours after your treatment. Please schedule your appointment when you do not have to be outside. In most cases your doctor may prescribe a second treatment 6 – 8 weeks after your first treatment.
- If a prior authorization is required from your insurance company, you will be contacted by our Insurance and Billing Department about any deductible or co-insurance that you will be expected to pay on the day of service.
- Discontinue all topical facial products (tretinoin, SkinCeuticals Retinol, etc. except for sunscreen) 3-5 days prior to treatment, unless otherwise instructed.
- Avoid direct sunlight 3 days prior to treatment. (This is so your skin is not irritated prior to procedure)
- Obtain the following after care supplies:
  - A mild cleanser (Cetaphil, CeraVe)
  - Aquaphor
  - Sunscreen that contains Zinc Oxide and is a SPF 30 or higher to wear daily
  - White Vinegar and bottled water for soaks
  - Tylenol or Advil for discomfort
- If you have a history of cold sores, you should obtain a prescription for Valtrex and begin treatment the morning of your procedure. (Valtrex 1 gram – 2 tablets 1 hour prior to treatment and repeat 12 hours later).

### Day of Procedure

- For treatments on face and scalp bring a wide brimmed hat to wear home.
- For treatments on hands bring gloves to wear home.
- For treatments on arms bring a long sleeved shirt to wear home.
- **This procedure could take 2 – 4 hours. Please feel free to bring items to read or a wireless device. We will be happy to give you the password to our wireless system.**
- **You may listen to your headphones during the procedure if you wish.**
- You can expect to feel discomfort (warmth/heat) during the procedure. The nurse will be with you during the treatment.
- When you are finished, you will look like you have been in the sun.
- The nurse will review your aftercare instructions with you and apply zinc sunscreen to the treatment areas.



## Post Procedure Instructions

***\*\*YOU WILL NEED TO AVOID DIRECT SUNLIGHT FOR 48 HOURS. YOU WILL NEED TO REMAIN INDOORS DURING DAYLIGHT HOURS (EVEN IF THE CLOUDS ARE OUT OR IF IT IS RAINING) AND AWAY FROM DIRECT SUNLIGHT COMING IN THROUGH A WINDOW. FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN A REACTIVATION OF THE MEDICATION AND CAUSE FURTHER BURNING TO THE TREATMENT AREA.***

### Day of Procedure:

- Wash the treatment area with lukewarm water and gentle cleanser (Cetaphil/CeraVe), pat dry. Use a soft cloth or fingertips if skin is sensitive).
- Apply vinegar/water soak (**Mix 1 teaspoon of white vinegar to 1 cup of bottled water**) for 20 minutes with a washcloth. This helps relieve warmth and discomfort in the skin from the treatment. Recommend applying soak every 2 hours.
- Sparingly apply Aquaphor or CeraVe Healing Ointment to treated area after washing face or as needed to help relieve the itch and tight feeling in the skin. If using vinegar and water soaks, apply after soaks.
- Wash the treatment area and repeat the above steps before bedtime.
- Take Tylenol or Advil as needed for discomfort.

\*\*\*\*\*SLEEP WITH AN OLD PILLOWCASE\*\*\*\*\*

### Days 2 & 3 after procedure

- Repeat the steps above twice daily

### After day 3

- Apply sunscreen (SPF 30 or higher) that contains Zinc Oxide to the treatment area. For treatments on the face and scalp, if you are going to be outside for a prolonged period of time also wear a wide brimmed hat.
- Men may begin to shave if face is no longer irritated.
- Women may begin to apply makeup to treated areas once peeling has stopped
- On day 7, if skin is no longer irritated, you may begin to apply topicals (SkinCeuticals Retinol, Tretinoin, etc).

**If any problems or questions please contact the office – 843-881-0320**

Follow up appointment \_\_\_\_\_