

**Post-PDT Instructions**

1. You must stay out of the sun for 48 hours after treatment. Your skin will be sensitized to sunlight and you can get a severe sunburn. Blistering and scabbing may occur if these instructions are not followed.
2. Wear sunscreen even when indoors. Use an SPF of 30 or greater. Stay away from bright lights and windows. If your skin stings move out of any light that you are in.
3. Wear sunscreen and a hat while outdoors for two weeks following treatment.
4. Your skin will likely be red following treatment, and will remain red for several hours to several days. You may have a sunburned appearance for up to 1 week. Peeling can occur. Your face may swell especially around the eyes.
5. For mild discomfort or swelling apply an ice pack, wrapped in a towel, for no more than 5 minutes at a time.
6. Take Tylenol 1000 mg up to 4 times daily as needed for pain. If you have any liver problems, check with your physician first.
7. Cold aloe gel, without fragrance, can be applied to the face for comfort.
8. If you experience any unusual pain, scabbing, blistering, or swelling, contact our office at 973-763-7546