



## BAY AREA COSMETIC DERMATOLOGY

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### PRE/POST CARE FOR PHOTODYNAMIC THERAPY

[ For Sun Damage ]

#### PLANNING FOR YOUR TREATMENT & EXPECTATIONS

- Plan to stay indoors, away from any direct, indirect sunlight or strong indoor lighting for the first 48 hours after the treatment unless instructed otherwise by your Provider.
- Avoid medicated and or active products for 3-5 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapson, acne products, or precancer treatments as directed by your provider.
- Normal skin reactions are redness, crusting, swelling and dryness, which can last up to 2 weeks.
- Ideally your appointment should be scheduled towards the end of day to reduce sun exposure on ride home.
- This treatment is uncomfortable for many patients. For patients who are not driving, medication is available to help manage the discomfort. **Please arrange a ride home if you plan on taking any medication.**
- Bring a large brimmed hat and sunglasses to the appointment to protect your skin after treatment.
- The appointment can take 1-2 hours. You may want to bring entertainment or work materials. Our office has free wireless internet available.

#### HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

- Be careful with your skin during this healing period. **DO NOT** pick or force off any scabbing.
- Wash your face gently. We recommend: [Obagi Gentle Cleanser](#) or [Neocutis Gentle Cleanser](#).
- Apply physical sunscreen SPF at least 30 + zinc oxide or titanium dioxide directly after treatment.
- **For the first 48 hours you MUST practice strict sun avoidance.** No direct sunlight or indirect sunlight through windows. Strong indoor lighting should also be avoided.
- After the initial 48 hour period, patients may have mild sun exposure with a physical block sunscreen of SPF 30+. We recommend one of the following:
  - [Isdin Photo Eryfotona Actinica](#)
  - [Neocutis Journee Firm](#) (Original or Riche)
  - [Alastin Hydratint](#)
  - [Tizo Photoceautical](#) or [Tizo 3 \(Tinted\)](#)
  - [Any of the EltaMD sunscreens we carry](#)
- Use only gentle skin care products and soothing lotions until skin returns to its normal state. Avoid medicated and/or active products until skin is healed. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapson, acne products, or precancer treatments as directed by your provider.
  - [Neocutis BioCream Firm](#) (Original or Riche)
  - [BACD Ultra Light Hydrating Cream](#) or [Fortified Cream](#)
  - [Alastin Regenerating Skin Nectar](#)
- Light makeup may be applied during the healing process. Mineral makeup such as [Jane Iredale](#) or [Colorescience](#) is recommended.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.