



Home Care Instructions: Photodynamic Therapy

Day 1:

- Apply ice packs and Cicalfate throughout the day to help initial discomfort. This will help keep the area cool, alleviate pain, and minimize swelling. Swelling can be more prominent around the eyes, especially the morning after treatment.
- Stay indoors and avoid direct sunlight for 24-48 hours.
- You can cleanse your face using a gentle or sensitive skin cleanser.
- If you have a history of cold sores, please let your provider know. You may be advised to take antiviral medication.
- Aquaphor can be used for on the lip area if dry/cracked.

Day 2-3:

- You may wake up swollen. Your eyelids may be swollen even though they were not treated. This is normal.
- Benadryl and/or Prednisone may help with swelling.
- Continue to wash with a gentle or sensitive skin cleanser and apply your Cicalfate. You may want to start Elta MD Ointment (or Aquaphor) once the peeling starts.

Day 3-7

- Continue to wash with a gentle or sensitive skin cleanser, apply your Cicalfate, and continue with Elta MD Ointment. This may help with the peeling that should start once your swelling subsides. You can use these as much as you want.
- Once you feel you don't need the greasiness of the ointment, you may switch to Ceramide Treatment Cream. This will soothe and hydrate the skin for faster healing and better results.
- When going outdoors, use Environmental Defense Sunscreen to help protect treated area. This is primarily chemical free and will not irritate your skin as other over the counter sunscreen may during the healing process.
- Once peeling has healed, you may use make up.
- The area may be slightly red for 1-2 weeks post treatment.
- Please call our office with any questions or concerns, 513-984-4800.
- We would like to see you for a follow up appointment in 2 weeks.

If you have a reaction or urgent question, please call Mona Foad, M.D. at (513) 855-0555.