

Laser Skin Solutions

Hair & Vein Removal • Sun Spot Removal • Restylane • Botox • Skin Care • Tattoo Removal

PDT pre & post care instructions

For best results, please follow these instructions

Before your PDT treatment:

1. If possible please do not wear makeup to your treatment.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week before your treatment.
3. Do not wax or use a depilatory on treatment areas for 1 week prior to your treatment.
4. Do not use self-tanning agents for at least two weeks before your first treatment. Discontinue use until at least two weeks after your final treatment.
5. **Bring some thing to cover treated areas when leaving the office, i.e. towel, ball cap ect. This is very important.**

Day of Treatment:

1. Begin applying ice packs to the treated areas. This will help keep the area cool and alleviate any discomfort, as well as help keep down any swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
2. Remain indoors if possible and avoid direct sunlight.
3. Elevate your head on two pillows when sleeping to reduce swelling.
6. Take analgesics such as Tylenol or Advil if necessary.
7. Apply Hydrocortisone 1% ointment or Vaseline.

Day 2:

1. Continue to apply ice packs as needed to alleviate discomfort and swelling. You may take a shower. You may take analgesics. Any discomfort usually subsides by Day 3.
2. You should avoid sunlight and try to remain indoors on Day 2. The photosensitivity to sunlight is usually gone 24 hours after treatment, but may last as long as 40 hours.
3. You should soak the treated areas with a solution of 1 tsp white vinegar in 1 cup of cold water for 20 minutes every 4-6 hours. Ice may be applied directly over the vinegar soaks. The area should be patted dry and Hydrocortisone 1% ointment reapplied following the vinegar soaks.

Day 3-7:

1. You may begin applying make-up once any crusting has healed. The area may be red for 4-6 weeks. If make-up is important to you, please see one of our estheticians for a complimentary consultation for Lycogel Mineral Make-up, which is all natural, inert, anti-inflammatory, and acts as a concealer with sunscreen. It is especially effective to mask redness.
2. The skin will feel dry and tightened. A good moisturizer should be used daily.
3. Try to avoid direct sunlight for two weeks. Use a sunscreen with a minimum SPF 30 for four months. Total Block SPF 65 (available in our clinic) is especially effective to protect your newly rejuvenated skin.

Please call us if you have any questions at 561-641-9490.