
**** WHAT TO BRING TO APPOINTMENT ****

- Long sleeve shirt for forearm sun protection
- Hat for scalp/face sun protection
- Reading material/tablet for entertainment during incubation waiting time
- Personal calendar to refer to while making a follow up appointment

Checklist

**PLEASE CALL THE OFFICE
WITH ANY CONCERNS**

American Institute of Dermatology
3109 Medical Way
Sebring, FL 33870
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**PDT or Blue Light
(Photodynamic Therapy)**

WHAT IS PDT?

- Therapy that uses blue light (non-radioactive) to activate a medication (Levulan kerastick) to kill precancerous cells.
- PDT is used as a maintenance therapy to treat precancerous lesions known as (Actinic Keratoses). In some cases, the treatment can be used for superficial skin cancers.



THE PROCEDURE

- Treatment area(s) will be wiped clean with soap, water, and acetone.
- Curettage (non painful scraping of lesions) will be performed in order for adequate light penetration/treatment.
- Levulan is then applied to treatment area. Incubation will be generally 1-2 hours to find the damaged cells.
- Eye protective shields are worn and you begin treatment under BLU-U PDT light for 16 minutes.
- You may experience some burning and tingling on the skin during treatment which is normal as the medication is activated by the light.
- Treated areas are then wiped clean with soap and water.
- Protective Sunscreen is applied to area before leaving office.

WHAT TO EXPECT AFTER TREATMENT

- Expect redness and peeling after treatment. May have some peeling to the treated area for the next 3-4 days. Most people have a mild reaction.
- It is very important to **AVOID LIGHT EXPOSURE** for 48 hours (2 days) as overexposure can cause severe burning due to reactivation of medication.
- The burning is symptomatic but not dangerous.
- It is **critical** to apply sunscreen SPF 30 or greater and wear sun protective clothing/hats on treated areas whether inside or outside to help protect the area.
- You may apply a moisturizer as needed for relief and wash area with soap and water 2-3 times per day. There is an intense repair moisturizer available here for purchase.