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### **Post-PDT Instructions (blue light)**

- Apply a thick layer of SPF 30 sunscreen with titanium dioxide and zinc dioxide, and wear sun protection, such as a hat. Reapply frequently. Avoid direct sunlight to the face. Wear sun protection as above, even when sitting near a window or in a car. This is mandatory for at least 48 hours after each treatment. After the first 48 hours, you may use your usual SPF 30 or higher sunscreen.
- Makeup may be put on gently 3-5 days following the procedure unless there is crusting, blisters or intense redness.
- Scrubs, facials, exfoliants and other treatments must be avoided for 1 week after the procedure.
- Retinoids (Retrinal, Retinol, Retin-A, Renova) and glycolic acid products may be restarted after 5 days, only if the skin is no longer red, swollen or peeling.
- Light scaling and peeling as well as mild to moderate redness are expected to occur for 2-7 days. Any areas of crusting or oozing should be covered at least 3 times per day with Vaseline (petroleum jelly) or Aquaphor ointment. Notify our office if heavy crusting, intense redness or swelling, or other unwanted side effects occur. Advil (ibuprofen) and Tylenol (acetaminophen) can also help alleviate discomfort.