

# **WEST HILLS DERMATOLOGY GROUP**

7320 WOODLAKE AVENUE, SUITE 340, WEST HILLS, CALIFORNIA 91307  
(818) 592-6005 phone [www.WestHillsDermatology.com](http://www.WestHillsDermatology.com) (818) 592-6088 fax

## **PDT Pre Treatment**

- Discontinue any Retin-A products 5 days prior to procedure
- Discontinue any bleaching agents 5 days prior to procedure
- Discontinue any Glycolic or Sal acidic products 5 days prior to procedure
- DO NOT have prolonged sun exposure 5 days prior to procedure

**Let office staff know if you have a history of cold sores.**

## **Post Care Instructions:**

- Avoid Direct Sunlight to the treated area for 3-4 days
- Keep the treated area covered (i.e. if face/scalp was treated wear a hat,if arms were treated wear a long sleeve, if legs were treated wear pants..etc...)
- Gently cleanse the treated area with gentle cleanser (cetaphil wash) morning and night. (Can be purchased at local Pharmacy or Target)
- Spray area with Avene thermal spring water morning and night. (Needs to be purchased at our office)
- Sun block daily with SPF 30 or higher
- Moisturize morning and night
- Use Aquaphor healing ointment to any rough, scaly, peeling areas

Redness, peeling, and swelling is normal for the first few days. If any discomfort occurs such as excessive swelling OR an extreme amount of redness, ice the area, take Tylenol, and over the counter Hydrocortisone may be applied.

If this does not resolve within a day please be sure to call the office at 818 592 6005. We also have an on-call physician after hours on the same number listed, so feel free to still call if the office is closed.