

## **Post treatment care: METVIX-PHOTODYNAMIC THERAPY (PDT)**

Immediately following your PDT activation, it's mandatory to apply sunscreen and be out of the sun or bright lights for the duration of that day and two more days following. Sunlight or bright lights can reactivate the medication and therefore cause a much more intense reaction on the skin than is safe or comfortable. Reading lights, TVs and computers are not a problem and can be used at any point during the downtime after PDT.

A gentle cleanser 1-2 times per day along with a healing moisturizer (e.g. SkinCeuticals Epidermal Repair or ZO Skin Health Revitatrol) will help to alleviate discomfort due to tight, red and crusting skin. If you are being treated for acne, the acne may get worse during the first week after application; this is to be expected. Using an oral antibiotic such as Doxycycline is an option that will lessen the chances of a purge from happening.

Please discuss with your service provider to see if this is an appropriate option for you.

Most crusting, redness, swelling and tightness will subside during the first 7-10 days. Do not force any crusting to come off, but let it come off naturally as you wash and moisturize each day. Sunscreen is necessary every day and should be reapplied as necessary after moisturizer is applied.

If a second cycle of PDT with Metvix is suggested in 1 month, the skin will usually react much less aggressively. The post-care is the same as the first treatment, but healing time is easier and much faster.

### **What to expect after treatment:**

- Redness, crusting and scabbing for 3-4 days, but may occasionally last longer
- Stinging or mild pain may occur directly during or immediately after activation process
- Swelling may occur
- If aggravated, crusted areas may bleed; avoid rubbing or picking at the scabs
- Makeup may be applied, but it is suggested to use mineral makeup for the least possible irritation
- Treatments may need to be repeated depending on the severity of the condition
- It is advised to follow up 4-6 months after 1-2 applications with your treatment provider