



Photodynamic Therapy (Blu-U Light) Instructions

Pre-Treatment

- The treatment will take at least two hours, so please bring a book or snack.
- Discontinue all topical retinoids (including Differin, Tretinoin, Renova, Atralin, and Tazorac) 48 hours prior to Blu-Light treatment.
- Patients with a history of oral herpes should pre-treat with Valacyclovir (2 grams at bedtime the night before your treatment and 2 grams the morning of your treatment).
- Bring a wide/full brim hat to wear after treatment of the face and scalp.
- Bring gloves to wear after treatment of the hands.
- You must wear a physical sunblock for 48 hours. The physical sunblock should contain titanium or zinc oxide and should be brought to your appointment with you. Sunblock is also available for purchase at Gunn Dermatology.
- You will need to avoid natural sunlight for 48 hours. Do not make plans for outdoor swimming, golf, beach, biking, boating, tennis, etc.

Post-Treatment

- Anticipated side effects of photodynamic therapy treatment include:
 - Discomfort
 - Swelling
 - Sunburn-like reaction
 - Burning
 - Redness
 - Possible hair removal
 - Possible lightening or darkening of skin tone or spots
 - Possible skin peeling, especially in areas of sun-damaged skin or pre-cancers of the skin.
- You should avoid direct sunlight for 48 hours.
- You must wear a wide/full brim hat and/or gloves, depending on the treatment site, for 48 hours post-treatment if you need to go out.
- You must wear a physical sunblock for 48 hours. The physical sunblock should contain titanium or zinc oxide. Sunblock is also available for purchase at Gunn Dermatology. Dr. Gunn sometimes recommends 5-10 of natural sunlight immediately after this treatment, if she does make sure it is no more than 5-10 minutes then the “no sun rule” still applies.
- Use Aquaphor, petroleum jelly, or Avene Cicalfate if needed for dry and peeling areas. You may refrigerate the Aquaphor/petroleum jelly and apply it chilled for comfort.
- Sarna Sensitive may also be used to numb itching, stinging, or burning sensation.
- Do not use any topical or rejuvenating medications for the first 48 hours post-treatment.
- Wash your face with a gentle cleanser, such as Dove, CeraVe, or Simply Clean.
- You may use cool water compresses or take Tylenol or Motrin for discomfort.

- Notify you us right away if you develop persistent burning, pain, blistering, or oozing from treatment sites. 205-415-7536