

LEVULAN® PHOTODYNAMIC THERAPY

POST-CARE INSTRUCTIONS

Your treated skin will be temporarily very sensitive to light. Follow these instructions carefully to reduce discomfort and support healing.

MOST IMPORTANT: PROTECT THE TREATED AREA FROM LIGHT FOR 40 HOURS

After Levulan is applied, avoid sunlight and bright indoor light for 40 hours. This includes direct or indirect sunlight through windows, tanning beds, examination lights, operating-room lights, and strong lights close to the skin. Sunscreen alone does not prevent this photosensitivity reaction. Use light-opaque protection such as a wide-brimmed hat, clothing, or gloves when needed.

During the First 40 Hours

- **Stay indoors as much as possible.** Keep away from windows and bright light sources. Normal, indirect household lighting at a comfortable distance is generally preferable to bright or close lighting.
- **Cover the treated area when leaving the office or home.** Use a wide-brimmed hat and tightly woven, light-opaque clothing. Sunscreen should not be your only protection during this period.
- **Do not intentionally expose the area to sunlight.** Even brief exposure may cause intense burning, stinging, redness, or swelling.
- **Follow the treatment schedule given by your provider.** If your blue-light treatment has not yet occurred and you cannot return as scheduled, call our office promptly and continue strict light avoidance for at least 40 hours after Levulan application.

What to Expect After Treatment

- Burning, stinging, tingling, warmth, or tenderness during and shortly after light treatment.
- Redness and swelling similar to a sunburn. Symptoms may become more noticeable during the first 24 to 48 hours.
- Dryness, tightness, darkening of treated spots, flaking, crusting, or peeling as the skin heals.
- Healing time varies by treatment area and intensity. Redness and peeling often improve over several days, but some patients may remain pink or sensitive for one to two weeks or longer.

Comfort and Skin Care

- **Cool compresses:** Apply a clean, cool compress for 10 to 15 minutes at a time. Do not place ice directly on the skin.
- **Cleansing:** Use lukewarm water and a gentle cleanser. Pat dry; do not scrub or use a washcloth, cleansing brush, or exfoliating device.
- **Moisturizing:** Apply the bland moisturizer or healing ointment recommended by your provider. Avoid fragranced or active products until the skin has healed.
- **Discomfort:** You may use acetaminophen if it is normally safe for you and your provider has not advised otherwise.
- **Do not pick:** Allow flakes, crusts, or peeling skin to come off naturally to reduce the risk of irritation, infection, and scarring.

Avoid Until the Skin Has Healed

- Direct sun exposure, tanning beds, and prolonged outdoor activity. After the initial 40-hour photosensitivity period, continue diligent sun protection with a broad-spectrum SPF 30 or higher, a hat, and protective clothing.
- Hot tubs, saunas, steam rooms, very hot showers, and strenuous exercise while the skin is hot, swollen, or actively irritated.
- Makeup on broken, weeping, crusted, or significantly irritated skin. Resume only when the surface is intact and comfortable.
- Retinoids, exfoliating acids, benzoyl peroxide, vitamin C serums, scrubs, toners, alcohol-based products, waxing, depilatories, and other irritating skin treatments until your provider says they may be restarted.
- Laser treatments, chemical peels, facials, or other procedures on the treated area until cleared by your provider.

CALL OUR OFFICE PROMPTLY

Contact us for severe or worsening pain, marked swelling, extensive blistering, spreading redness, pus-like drainage, fever, chills, signs of an allergic reaction, or any symptoms that concern you. Also call immediately if you or a caregiver notices memory problems, confusion, or disorientation during or after Levulan with blue-light treatment.

Seek Emergency Care

- Call 911 or seek emergency medical care for difficulty breathing, swelling of the lips or tongue, fainting, severe weakness, or another rapidly developing emergency.

Ongoing Sun Protection

After the initial photosensitivity period, use broad-spectrum SPF 30 or higher daily, reapply as directed, wear a wide-brimmed hat, and avoid peak sun whenever possible.

QUESTIONS OR CONCERNS?

Fox Valley Plastic Surgery

Phone: (920) 233-1540

Follow any individualized instructions provided by your treating clinician, as they take priority over this general handout.

These instructions are for general post-treatment guidance and do not replace medical evaluation or individualized advice.