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PATIENT INSTRUCTION AFTER PHOTODYNAMIC THERAPY (BLUE LIGHT)

1. **NO SUN EXPOSURE FOR 48 HOURS.** Avoid direct and indirect sun exposure including through home or car windows. Wear sunscreen daily. Wear a wide brimmed hat or long sleeves to protect your skin.
2. Gently wash the area daily with bland soaps and then cover with sunscreen containing zinc or titanium as an active ingredient. Examples of bland soaps include Cetaphil or Dove. Two brands of appropriate sunscreens include Blue Lizard or Vanicream. It is also permissible to use moisturizing cream over the sunscreen
3. Apply over the counter 1% Hydrocortisone Cream (Cortaid or Cortisone 10) twice daily **ONLY** if needed for minor discomfort, redness or itching. Do not use hydrocortisone cream for more than two weeks.
4. If you have any concerns regarding your reaction or healing please call the office at XXX-XXX-XXXX.
5. Keep your scheduled evaluation to ensure the resolution of the precancerous lesions

Medical ▪ Surgical ▪ Cosmetic
[address-phone-fax]