

Photodynamic Therapy (PDT) with Blu Light & Levulan® Patient Information & Care Instructions

1. What Is the Blu(e) Light Treatment

Photodynamic Therapy (PDT), also called Blu Light Therapy, is a non-invasive treatment for precancerous sun damage (actinic keratoses), acne, and other sun-damaged skin changes.

A topical medication called Levulan® (aminolevulinic acid/ALA) is applied to the skin and activated with a special blue light. This helps destroy damaged or abnormal skin cells while minimizing injury to healthy skin.

2. Pre-Treatment Preparation Before Your Appointment

- Avoid excessive sun exposure or tanning for 1–2 weeks prior
- Stop retinoids, exfoliants, benzoyl peroxide, and irritating skincare products several days before treatment unless instructed otherwise
- Arrive with clean skin free of makeup, lotion, or sunscreen
- Notify your provider if you:
 - Are pregnant or breastfeeding
 - Have a history of cold sores/herpes simplex
 - Take medications that increase light sensitivity
 - Have active rashes, infections, or open wounds in the treatment area

3. During Treatment

- Skin will be cleansed and prepped
- Levulan® will be applied to the treatment area
- Medication will sit on the skin for a provider-determined incubation time
- Blu light treatment will then be performed to activate
- **Common reactions: Warmth, burning, tingling, stinging, redness, itching**

4. Post-Treatment Care After Your Appointment (handout will be provided at visit)

Your skin will be highly light-sensitive for 48-72 hours after treatment.

- Avoid direct sunlight and bright indoor lighting
- Wear protective clothing and a wide-brim hat outdoors
- Use SPF 30+ sunscreen daily, can reapply every 90 minutes
- Avoid heat exposure to: saunas, hot yoga, steam rooms, strenuous exercise, fireplaces, and campfires

Common skin reactions after treatment (similar to a sunburn): • Redness • Swelling • Tightness, tenderness, warmth • Peeling/flaking • Crusting or darkening of spots	Helpful care until area is healed: • Use gentle cleansers and moisturizers only, plus aquaphor or vaseline • Apply cool compresses as needed • Do not pick, peel, scratch or scrub treated skin • Avoid exfoliating products until fully healed, including topical Retin A cream, Vitamin C serum
--	---

Please contact the office if you experience severe swelling, blistering, signs of infection, or prolonged healing.