



1324 Princess St
Kingston, ON K7M 3E2
Website: www.ucosmetic.com
Email: nuyu@ucosmetic.com
Phone: 613-536-LASR (5277)
Fax: 613-536-5108

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen's University
Dr. Caroline Sangers, MD, CCFP, Cosmetic Medicine, Family Practice, Emergency Medicine

Photodynamic Therapy **INFORMATION & TREATMENT INSTRUCTIONS**

UCosmetic uses the Blu U light source or the Harmony AFT(see Photorejuvenation Info/Treatment Instructions) and Levulan (5-aminolevulinic acid) for photodynamic therapy or PDT. PDT is a non-invasive skin treatment used to target and treat actinic keratosis (pre-cancerous sun damaged skin spots), acne and rosacea. PDT can improve the appearance of sun damaged, blotchy skin by shrinking pores and decreasing oiliness. To achieve optimal results a series of three to six treatments spaced **4 weeks** apart is recommended.

On the day of treatment, the area to be treated will be washed with a special acetone solution to enhance the absorption of Levulan. Levulan is applied and left in place for up to 60 minutes on the face and for hours on the chest or back. Levulan is then activated with the Blu U that emits blue light from the visible spectrum of light and is not harmful to the skin or with the Harmony that emits blue or red light. This process will take **8 to 20 minutes or more**.

The majority of individuals have uncomplicated treatments. Expected side effects include **tingling, stinging, prickling or burning** feeling during or after the treatment. This should improve when the treatment is completed and resolve within 24 hours. At the end of the treatment, the skin is thoroughly cleansed and sunscreen is applied. **Scaling, itching and dryness** that can last for **1 to 2 weeks**. This can be decreased with good skin care. Skin colour may change usually in the form of unifying skin tone and lightening dark spots. Rarely, **hypopigmentation (lightening) or hyperpigmentation (darkening), blistering or scarring** may occur. Facial hair may be decreased by exposure to the blue light. This may be temporary or permanent. Many of these side effects are worsened by intentional or accidental sun exposure. It is very important to wear a good quality SPF every day.

After a treatment series, there will be a decrease or clearing of pre-cancerous lesions, acne lesions, improved smooth complexion. Repeat treatments may be needed to maintain results. Every person is unique and although good results are expected, it is impossible to guarantee.

Other options for treatment of sun-damaged skin include AFT photorejuvenation, fractional laser resurfacing and regular use of various skin care products including daily SPF protection. Options for treatment of actinic keratoses are topical treatments of 5-fluorouracil, 5% imiquimod and diclofenac gel. Surgical options are cryosurgery with liquid nitrogen (that may leave white spots), shaving, curettage or conventional excision which may cause scarring. Deep chemical peels, dermabrasion and ablative laser resurfacing are also surgical options.

PDT is **not recommended** if you have skin sensitivity to blue light or porphyria (a metabolic disorder that can lead to light sensitivity). Medications such as thiazides (for high blood pressure), certain antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulfonamides), sulfonylureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Accutane, Gold therapy, St John's Wort and Ginko Biloba may increase your sensitivity to PDT and may have to be stopped prior to treatment. If you have a history of **cold sores**, Valtrex will be prescribed by the physician at your consult.

PDT can only treat existing skin lesions and conditions. Regular use of sun protection and prescribed skin care will prolong your treatment results and decrease the occurrence of new lesions, recurrent acne and rosacea. U Cosmetic offers high quality skincare lines such as **RevaléSkin, Pro-Derm, and Obagi** that can accomplish this goal.

Prior to treatment you should:

- avoid sun exposure, tanning bed or tanning products for **3 to 6 weeks** prior to treatment.
- start prophylactic anti-viral therapy if you have a history of cold.
- be off Accutane and Gold therapy for 6 months prior to treatment and St John's Wort and Ginko Biloba for **4 weeks** prior to treatment.
- avoid skin irritants (Retin-A, glycolics, etc.) for **7 days** before and after treatment.
- notify at consultation or at your treatment if you have an upcoming important event.

The day of treatment you will/may/should:

- feel like you have a sunburn and will decrease after the procedure and resolve within 48 hours. Ice packs/cool compresses or **Pro-Derm Hydrogel** will help these symptoms.
- experience minor swelling of or around your lips or around your eyes. You may take acetaminophen or ibuprofen for any minor discomfort.
- appear slightly **red** and skin may **peel** for several days following treatment. Darker spots will appear darker before peeling off **7-10 days** following the treatment.
- avoid **picking, scratching or disturbing blisters in anyway** to prevent scarring.
- **strictly avoid the sun for 48 to 72 hours.** Small amounts of sunlight can activate the Levulan and cause damage to the skin. Bring a wide brim hat to wear home.

Following treatment you will/may/should:

- apply ice packs immediately following the procedure (20 minutes, 2-3 times minimum) to prevent significant swelling. Strictly avoid all sunlight until your skin is healed. Continue to protect your face with a high quality SPF of at least 30 during the course of treatment and for a minimum of **2 to 4 weeks** after the final treatment. Keep your skin hydrated.
- not pick, scrub or pull scabs from your skin to achieve the best cosmetic results.
- use a mild, gentle cleanser with cool, tepid water followed by a good quality moisturizer (such as **Pro-Derm** or **Revaléskin**) will help your skin heal quickly.
- avoid cleansing with hot water.
- avoid stronger skin products containing glycolic acid, alphahydroxy acid, retinol, etc. until redness and irritation are no longer present (approximately **3 days**).
- contact the clinic at anytime if you have questions. We are here to help you and want your experience to be a pleasant one.

love being U