



MEDICAL + AESTHETIC DERMATOLOGY

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Pre/Post PDT Treatment Instructions

Pre-Procedure Instructions (1 week prior to treatment)

- Apply Efudex (5 Flurouracil) to intended areas of treatment every night for 7 nights. (if directed by Physician)

The day of your procedure

- If you have a history of cold sores, and if instructed by the Physician, Take 1 Claritin 10mg (loratadine 10mg) prior to treatment, 1 more the night of treatment, and 1 more the following morning.
- If you have a history of cold sores, and if instructed by the Physician, Take Valtrex 500mg every day for 7 days beginning the morning of treatment.
- Please wear sun protective clothing to the office on the day of your treatment, including a hat & sunglasses.
- Swelling of the treated areas, especially around the lips and eyes can occur for a few days. The treated area can also feel and look like a moderate sunburn and last up to 10 days.

Post-Procedure Instructions

STRICTLY AVOID SUNLIGHT FOR 24 HOURS AFTER YOUR TREATMENT

- Apply sunscreen (at least SPF30) every morning and frequently re-apply.
- Keep the area moisturized with aquaphor or vaseline petroleum jelly.
- Cold packs and/or clear aloe vera gel can be applied to the treated area to reduce discomfort.
- Use of a non steroidal anti-inflammatory such as Motrin, Aleve or Ibuprofen can also help to reduce swelling and discomfort.