



BLU-U Photodynamic Therapy (PDT)

Your dermatologist has recommended treatment of actinic keratoses (AK's) using blue light therapy. This treatment will last about 2 ½ hours.

On your treatment day, remember to bring a wide-brimmed hat or other sun-protective clothing, as needed to cover the treated area(s). Arrive at the clinic with clean skin.

Have white vinegar and a moisturizing ointment at home for post-treatment skin care. EltaMD Moisturizer is for sale at the clinic. Aquaphor is another popular ointment.

The first step of PDT is application of aminolevulanic acid (ALA). ALA is a naturally-occurring substrate that is deficient in sun-damaged skin. Once the solution has been applied to your skin, you will wait in the clinic for 1 ½ - 2 hours, allowing damaged cells to absorb the ALA.

The blue light treatment lasts just under 17 minutes. You will be given eye protection to wear as the blue lights can be quite bright. The light does not heat the skin, but you will experience sensations described as tingling, stinging, or burning. These sensations will peak about half-way through the treatment, and dissipate towards the end of the treatment. We will have cool fans blowing for your comfort.

After the treatment, the AKs and some surrounding skin will redden and possibly swell. Your face will be gently cleaned and sunscreen will be applied. You will be given instructions for how to care for your skin after PDT.

Light must be avoided for 48 hours after treatment. Sunscreen alone is insufficient to provide the needed protection, so avoidance and protective clothing is required.

Schedule this procedure for a time when sun-avoidance for 48 hours will be possible.

Your Scheduled Appointment Date/Time is:
