



BLU-U Photodynamic Therapy (PDT) After Care

What to expect after your treatment:

1. Mild discomfort can last for the first 24 – 48 hours, gradually decreasing.
If pain increases during the first 48 hours, ensure you are avoiding all light.
If pain increases after 48 hours, contact the clinic.
2. Redness will last about 4-5 days.
3. Treated skin will begin to peel around day 4-5.
4. Peeling completes around day 7-10.
5. Skin remains a healthy pink for up to one month.

How to care for your treated skin:

1. You must avoid sunlight completely for the first 48 hours after the treatment. If you are exposed to light, you will experience increased pain, swelling, and redness.
2. Apply a generous amount of ointment (eg. EltaMD moisturizer) throughout the day any time you feel your skin becoming dry. If you do not like the thickness of an ointment, you may use a cream alternative (eg. Cetaphil, CeraVe, or Vanicream). It is important that you keep the treated area moisturized during the healing phase of your treatment.
3. Vinegar soaks are cooling and help keep your skin clean. Perform vinegar soaks 3-4 times a day for the first 48 hours after your treatment. Mix 1 teaspoon of white vinegar in 2 cups of cool tap water. Apply a clean washcloth soaked in the vinegar solution to the treated areas for 10-15 minutes, gently removing as much ointment as possible without disturbing the skin. After 2 days, you can perform vinegar soaks once or twice daily if needed to remove any scabs or crust. Stop the vinegar soaks if your skin feels too dry.
4. You may take any over the counter pain medication if needed for discomfort. Ice packs or bags of frozen vegetables may be helpful to reduce swelling and discomfort during the first 24 hours.

Please call the office at 970-305-4341 if you have any questions or concerns after PDT.