

Pre/Post PDT Instructions

It is important to avoid sun exposure to an area treated with PDT for 48 hours after each treatment. Sun protection including the use of a hat, sunglasses, and broad spectrum sunscreen SPF 30 or higher are recommended. Direct sunlight to the area treated should be avoided.

Do not use retinol, Retin-A, salicylic or glycolic products in the first few days while the skin may be red or inflamed.

Take analgesics such as Tylenol or advil if necessary for discomfort.

Take antihistamines such as Claritin, Zyrtec or Benadryl if necessary for itching. Do not rub or scratch the skin.

Topical hydration, such as B-5 Hydrating Gel and a mild topical moisturizer can be used to minimize dryness and sooth the skin. In some cases, Dr. Haven will prescribe a mild topical steroid to minimize any irritation.

Please feel free the call the office at (203)-869-4242 if you have any questions before or after any procedure or if excessive redness or irritation occurs.