

JOHNSON DERMATOLOGY

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What To Expect When You're Expecting ... PDT

Step 1: Application of the Levulan Kerastick Topical Solution

- Levulan will be uniformly applied to your AK lesions.
- Your provider will direct you to wait the recommended time of 30 minutes to 2 hours depending on the area being treated. This is to allow the solution to penetrate the targeted cells.
- Avoid exposing the treated lesions to sunlight or bright light for at least 48 hours after application of Levulan Kerastick Topical Solution. Examples include indoor bright lights such as a grocery store or doctor's office, sitting in front of a computer screen, or exposing the area treated to hot appliances such as an oven or stove top. Sunscreens will not protect against photosensitivity reactions caused by visible light during the time.

Step 2: BLU-U light treatment

- Before your BLU-U light treatment, the AKs to be treated should be gently rinsed & patted dry.
- Your treatment with the BLU-U will take approximately 17 minutes.
- Protective eyewear should be worn during your BLU-U treatment.

During BLU-U treatment

- The BLU-U blue light is of low intensity and will not heat the skin. However, during the light treatment, you may experience sensations of burning, tingling, stinging, or prickling of the treated AKs. The sensation of stinging and /or burning appeared to reach a plateau at 6 minutes into the BLU-U light treatment. These feelings of discomfort should improve at the end of the BLU-U treatment and should subside as early as 1 minute after BLU-U treatment but may take up to 24 hours after the BLU-U is turned off.
- Following treatment, the AKs and to some degree the surrounding skin may redden, and swelling and scaling may also occur. However, these effects are temporary and should completely resolve by 4 weeks after treatment. In clinical trials, less than 3% of patients discontinued light treatment due to stinging and/or burning.

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Before Treatment Starts

- Be sure to tell your physician if you are taking any oral medications or using any topical prescription or nonprescription products on your face or scalp.
- Bring adequate sun-protective items with you to your appointment such as a wide-brimmed hat or umbrella.

After Treatment

- Avoid exposure of your photosensitive treatment sites to sunlight or bright light for at least 48 hours after the application of Levulan Kerastick Topical Solution.
 - Sunscreens will not protect against photosensitivity reactions caused by visible light. Moisturizers may be applied as needed.

Expect to be in the office for a lengthy period of time for treatment (up to 2 hours)

Some insurances require precertification for this procedure. If you are concerned that your insurance company might require a prior authorization for this procedure, please contact them directly and ask if you need prior authorization for photodynamic therapy.

For Treatment of Face, Neck or Chest:

Please come to clinic with no makeup or moisturizer. Men who shave the day of treatment may experience burning while the Levulan is incubation and may also have a stronger reaction to the treatment. The incubation (wait) period will be between 30 and 45 minutes, after that the skin is exposed to the blue light for 16 min & 40 sec.

For Treatment of Arms or Legs:

Please come to clinic with no moisturizer or sunscreen on skin. The incubation (wait) period will be between 1 to 2 hours, after that the skin is exposed to the blue light for 16 min & 40 sec.

The first 48 hours after the procedure you cannot get any exposure to bright lights or the sun.

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Please try to be on time for your appointment. This time was reserved especially for you and your treatment. If you are late there is a probability that you may have to reschedule.