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Pre Care Instructions for Patients
Receiving Photodynamic Skin Rejuvenation Treatment

Pre Treatment

1. Patients who have a history of recurring cold sores (Herpes simplex type I) should start oral Valtrex 500 mg two tablets twice daily for five days – starting this prescription 2 or 3 days prior to your PDT treatment. The prescription for this product will be given to you.
2. Bring a hat, sunglasses and a scarf the day of your treatment. Purchase Hydrocortisone 1% ointment, Laser Cliniqué's Calming Moisturizer and Laser Cliniqué's 45 before your treatment.
3. Photographs will be taken the day of treatment.
4. A consent will be signed in order to be treated.
5. Prior to the treatment the area will be cleansed and any oils will be removed from your skin. A Vibraderm treatment will be performed on the skin to improve penetration of the Levulan.
6. Levulan is applied topically to the area being treated, such as the face, chest, back or back of hands.
7. The Levulan is left on for 45-60 minutes before the light treatment.
8. The Levulan is activated by IPL or the Blu-U Light depending on what is being treated. This unique spectrum of light activates the Levulan beginning with low energy levels.
9. Post-treatment instructions and a skin care prescription will be given to you to care for your improved skin. Be prepared to be out of direct light for 48-72 hours post treatment.