

**Dermatology Associates of the South Bay
Amber Kyle M.D. and Associates
310-370-9970**

Levulan + Blu-U light Treatment Information

Our nurse will contact you to review the treatment process, answer any question you may have, schedule your treatment and any needed preparation. Treatments are usually done in the early afternoon.

Pre-Treatment Preparation:

- **Please let your clinician know if you have ever had a cold sore or shingles in the treatment area.**
If you have been given a prescription for cold sore or shingles prevention please start the medication the night prior to treatment. If you feel like you are about to get or have a cold sore or shingles your treatment will need to be rescheduled till the outbreak has cleared up.
- Use a sunscreen (SPF 30+) daily for 2-3 week before treatment. Do not burn or tan the treatment area for 2-3 weeks before your treatment. Skin that is tan or sun burned cannot be treated.
- If you use any scrubs, acids, Retin-A, Hydroquinone, topical vitamin C, corrective creams or serums these should be stopped 4 days before each treatment. Be sure you review all your skincare products with your clinician prior to your treatment.
- Men, if your face is going to be treated shave your face the night before or morning of the treatment; you may not shave for 3-5 days following treatment of you face.
- Review the post-treatment instructions and set-up items as suggested. Please bring a hat and protective clothing with you on the day of treatment to shade and protect the treated area from sun and light exposure. Physical protection from sun and light must be continued for 48 hours following treatment.
- Bring a book, ipad, a snack and something to do....you will be at the office for 2+ hours on the day of treatment. The medication is applied to you skin and must sit for 60-90 minutes before activation under the light. You cannot leave the office once the medication has been applied. "Activation" of the medication under the Blu-U light takes 17 minutes.
- If you need to have multiple areas treated such as face and chest these will need to be treated separately in two separate treatments.

What to Expect Following Treatment:

- You will be extremely sensitive to light for up to 48 hours after treatment and the medication can still be further activated with light exposure in the first 48 hours after application. Strict sun and light avoidance is required, this includes exposure through windows and close lights. Sunscreen alone is not enough protection; you must cover and shade the treated area from sun and light exposure for 48 hours. Some people may also experience sensitivity to florescent light during the first 48 hours after treatment.
- Redness, swelling and a sunburned feeling will be present after therapy and will gradually decrease each day. Some redness may continue for 2-4 weeks and will diminish each week.
- Expect redness, peeling, tight skin and some crusting. Peeling usually occurs from 72 hours to 7 days post treatment. Do not pick or peel the loose skin.
- You may resume light exercise 3 days post treatment.

Post Treatment Care:

- Immediately following treatment, apply intermittent cool wet compresses or dilute white vinegar compresses*. For additional comfort apply frozen peas or an ice/gel pack over the wet compress if needed. Do not apply ice directly to the treated area or keep the compress on for longer than 10 minutes. Some patients like to “stage” a few wet cool compresses in plastic bags in the refrigerator for easy use.
- Do not wash the treated area until the next morning.
- Sleep with your head elevated on several pillows to help decrease swelling.
- You may shower and wash your hair the day after treatment. Avoid having hair products come in contact with the treated area. Do not let the shower stream forcefully hit the treated area. Water flowing over the treated area is fine.
- Do not rub, scrub or scratch the treated area.
- Use a gentle soap-free cleansers such as Cetaphil or CeraVe. Use a gentle patting motion and fingertips to clean the treated area.
- Skin will feel tight, dry, and may itch as it starts to peel. Keep it soft, hydrated and moisturized with a gentle, fragrance-free moisturizing cream or ointment such as Aquaphor, Cetaphil, CeraVe, Eucerin, or Aveeno. Apply these products as often as needed.
- Pain and swelling can be treated with ibuprofen (Advil, Motrin) or Tylenol.
- Avoid sun exposure, use sunscreen with SPF 30 at all times. The sunscreen should also contain at least 7.5% Zinc Oxide.
- Crusting can be softened with wet compresses or dilute white vinegar* compresses 4 times per day. Do not pick or pull at crusting!
- You can apply make-up 3 days post treatment. You may choose to wait till the crusting and peeling have stopped.
- Do not resume scrubs, acids, retinols until after ALL redness and irritation have subsided. (2-3 weeks+)
- Please schedule a re-check of the treated area with Dr. Kyle or Krishna 4 weeks after treatment so they can assess if additional treatment is needed. If additional treatment is needed it is done about 8 weeks after the previous treatment.
- **Always call our office 310-370-9970 with any questions or concerns.**

***Dilute Vinegar Soaks—Mix 1 teaspoons white vinegar in 1 cup of water. Keep mix in refrigerator. Use this mix to moisten clean towels for added comfort with moist compresses after treatment.**