

**PHOTODYNAMIC THERAPY (PDT) BLU-U® LIGHT**

**PRE-TREATMENT INSTRUCTIONS:**

1. At your initial visit with your physician, they will order your BLU-U Light treatment and have you sign a consent form.
2. Patients that have a history of recurring cold sores (Herpes Simplex Virus) should take oral Valtrex 1-gram tablets, two tablets, twelve hours apart, on the day of your photodynamic therapy (PDT) treatment.
3. Your doctor will prescribe a mild prescription topical cortisone cream to be used after treatment. Please have this filled at the pharmacy before the day of your treatment.
4. Make sure your skin is clean and free of all make-up, moisturizer, and sunscreen. You may wash this off at the office if you wish. Bring a hat, sunglasses, and/or scarf (or any sun protective clothing and accessories) with you to your appointment so that you may wear them following treatment.
5. Before your PDT treatment, your doctor MAY provide you with samples of prescription Tazorac cream. This should be applied to \_\_\_\_\_ once daily for \_\_\_\_\_ days before your BLU-U light appointment.

**WHAT TO EXPECT ON THE DAY OF YOUR TREATMENT:**

1. Photographs may be taken before and after the treatment to help track your progress.
2. An acetone/alcohol preparation is performed by the clinical staff before the application of Ameluz gel, a prescription that is used in conjunction with the light therapy. This will enhance the absorption of the Ameluz and ensure a more even uptake.
3. The Ameluz gel is applied to the entire area to be treated (i.e., face, hands, chest, etc.) by a clinical staff member. There will then be a period of incubation time from 45-90 minutes, as ordered by your physician, during which the gel is allowed to sit on the skin. You will remain in the exam room during this time, as you cannot be exposed to UV light.
4. The area(s) to be treated will then be placed under the BLU-U light for approximately 16 to 17 minutes (treatment time). There may be a tingling sensation during your treatment.
5. Once the treatment has finished, a clinical staff member will apply sunscreen to all treated areas before you leave the office and provide you with further instructions.

**POST-TREATMENT INSTRUCTIONS:**

1. **You MUST stay away from sunlight for 48 hours following your BLU-U light treatment.** Sunscreens will not protect the treated areas from photosensitivity reactions caused by visible light.
2. Utilize the mild topical cortisone cream prescribed by your doctor as directed. If you have any questions or concerns, please contact our office.