

## **Before Your PDT (Light Therapy) Appointment**

INSTRUCTIONS: Read Prior to Your Light Therapy Appointment

- Plan before attending important events... Weddings, reunions, family photos. We would recommend you complete PDT treatment at least a month before one of these events or waiting until after the event.
- DO NOT go out in the sun and get a sunburn prior to treatment. We will have to reschedule you if you have gotten too much sun right before.
- Plan to be in the office 1.5-3 hours for your appointment.
- Bring a wide brimmed hat to wear home, no straw or mesh, if we are doing the procedure on your face or scalp. Wear long sleeves or pants if we are treating your arms or legs.
- PLAN TO STAY OUT OF THE SUNLIGHT OR DIRECT LIGHT FROM THE CAR WINDOW FOR 48 HOURS AFTER TREATMENT. I.E. NO GOLF, TENNIS, BEACH, BOATING, LONG DRIVES IN THE CAR OR ANY OUTDOOR ACTIVITIES.
- Please take 10,000 IU of Vitamin D for three days before your PDT treatment
- Before treatment is performed, please inform medical personnel if I:
  - Am pregnant or breast feeding
  - Have a medical condition called "Porphyria"
  - Have a current or resolving case or any history of cold sores
  - Currently using topical medicine such as Differin, Retin A or Tazorac.
- Purchase sunscreen with Zinc Oxide or Titanium Oxide with an SPF of at least 30.