



## **Blu-U Light Photodynamic Therapy**

### **What is Photodynamic Therapy (PDT)?**

Ameluz (aminolevulinic acid hydrochloride 10%) is a naturally occurring compound that has been approved by the FDA to treat precancerous skin lesions. Skin lesions called actinic keratosis. Ameluz is applied to the skin and then "activated" by specific wavelengths of light. This process of activating Ameluz with light is termed Photodynamic Therapy (PDT). The purpose of activating the Ameluz is to treat actinic keratosis and improve other signs of sun damage. It also can improve acne, oily skin, and rosacea. Photodynamic therapy usually needs to be repeated in order to achieve maximal results.

### **Benefits of PDT:**

- Destruction of premalignant cells (actinic keratoses) which may decrease your chances of skin cancer.

### **Potential Risks/Side effects of PDT:**

- Most patients experience stinging and burning during treatment, usually plateauing by 6 minutes into treatment.
- Anticipated side effects of Ameluz include discomfort or mild itch, burning (usually mild for 3-7 days, rarely longer), redness which can last for a few weeks (but usually less than 2 weeks), swelling (this is most noticeable around the eyes the morning following the treatment), and possible skin peeling (which can last for up to a week).
- Pigmentation changes (increase or decrease of color) may occur in 1% of patients with most resolving in one month.
- Scarring and permanent pigment changes are extremely rare.
- Infections and activation of cold sores is uncommon

### **Who should NOT undergo Photodynamic Therapy:**

- Patients who have a history of photosensitivity, lupus, porphyria, or other light sensitive disorders should NOT undergo PDT.
- Patients with active cold sores or who are pregnant or nursing should also avoid this therapy.

### **Key points before your treatment:**

- You should budget 2-3 hours of time for your PDT appointment
- Please bring the following to your appointment: A wide-brimmed hat and sunglasses. Optional: personal music headset or books may also provide relaxation and help pass time during your PDT session.
- Avoid sun burns, sun tanning, or tanning sprays/creams for **2 weeks** prior to treatment. Stop use of exfoliating products to treatment area for 1 week prior to treatment
- On the day of treatment, make sure your skin is clean and free of all makeup, moisturizers, and sunscreens. If you are having arms/legs treated, please bring a long-sleeved shirt or long pants.

### **Insurance Coverage:**

- If you wish to contact your insurance company to verify your coverage, the treatment (CPT) code is 96567, the medication code is J7345, and the diagnosis code is L57.0 (Actinic Keratosis).

### **At the time of treatment:**

Step 1: Your skin will be washed with a solvent (e.g. alcohol) to remove oil and dirt.

Step 2: The medication will be applied to your skin and then you will wait for 1.5 hours in waiting room

Step 3: You will sit under blue light for approximately 17 minutes. Your eyes will be covered with special protective goggles.

Step 4: Your face will be washed with a gentle cleanser (removing Ameluz) and sunscreen will be applied. Go directly home afterwards wearing a hat and sunglasses to protect your skin.

### **After your treatment:**

- Avoid sunlight (including from windows) and bright indoor lights for 48 hours! Stay indoors - sunscreen will not protect enough. Too much sun exposure in the first 48 hours can cause a severe sunburn-like reaction.
- Most patients can return to work or school within 24-48 hours after photodynamic therapy

### **What to expect:**

#### **1-2 days after treatment:**

- Redness and swelling are to be expected and can be lessened by intermittent application of an ice pack. Swelling may be more common for procedures around the eyes or lips.
- Sleeping propped up on a few pillows or in a reclining chair may help decrease swelling after treatment of the head and face area.
- Take Tylenol as needed. If pain starts to increase 24 hours AFTER your procedure or you experience fever or any other unexpected reaction, call the office for a same-day appointment (810-733-6050). For after hours, please leave a message and we will get back to you as soon as possible.

**3-7 days after treatment:**

- It is possible to have continued redness and swelling which may be accompanied by peeling, scaling, itching. Continue Tylenol and ice packs as necessary.
- If itching or peeling is bothersome, it is okay to use over the counter hydrocortisone 1% cream or ointment two to three times a day.
- Do not manually "peel" the skin as this could induce scarring and hyperpigmentation (brown spots).

**How to care for your skin in the first week post-treatment:**

- Avoid hot water, extreme temperature, and other skin irritants; avoid alcohol consumption for 72 hours
- Use a mild cleanser such as CeraVe hydrating cleanser, Cetaphil Gentle Skin Cleanser, or Dove soap twice daily. Apply a gentle moisturizer such as CeraVe Cream or Vanicream as many times as necessary for comfort.
- Do not pick off any scabs, exfoliate, or scrub your face in an attempt to remove scabs or scale.
- If going outside, wear a hat and sunscreen containing zinc or titanium as an active ingredient. You can still use moisturizing cream/ointment over the sunscreen.
- Makeup may be applied if no open areas are present (usually after 72 hours). Apply moisturizer before applying makeup. It is also okay to shave once irritation has subsided.
- Wait 1 week before resuming any prescribed or anti-aging topical products.