



### **-POST Redlight & Daylight PDT INSTRUCTIONS-**

- Mild redness and discomfort are common and expected right after the treatment.
- Redness, dryness, flaking of the skin and crusting is expected too. This usually starts appearing at day 3 and could last for about 7-10 days.
- Please **do NOT pick at the scabs** as this could cause an infection or permanent scarring.
- Please call the clinic if you develop any of the following **unexpected reactions**:
  1. Severe swelling of the skin
  2. Bleeding
  3. Unbearable pain
  4. Signs that the skin may be getting infected (ie: pus/oozing)

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- **Do not use soap** to clean the treated area. Use water and a non-soap gentle cleanser such as the following brands: QV or Cetaphil.
  - Do **NOT** have any sun exposure whatsoever for 3 days post treatment as it may increase your reaction.
  - After this period, you should wear SPF 50+ sunblock at all times when you are outside for 3 months, to avoid hyperpigmentation of the skin.
  - Moisturise at least twice each day using a gentle moisturiser. QV, Cetaphil or plain Vaseline are available from Priceline, Chemist Warehouse and most local pharmacies.

- **For Daylight PDT patients** – Please Do **NOT** USE SUNBLOCK, until your face has healed & all the scabs have fallen off, during this time, if you need to go outside protect your face with a broad brimmed hat.

- Lastly, **all Daylight PDT patients** to please email us a photo of your face day 5 post treatment on [info@cbdskinccancer.com.au](mailto:info@cbdskinccancer.com.au) , with your full name & date of birth so we can monitor your progress.