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**-POST RED-LIGHT 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 scaring.
* 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)

* **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.
* Always wear SPF 50+ sunblock 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).