

**Dermatology Associates, Ltd.**  
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### **BLU-U Photo Dynamic Therapy**

**Your doctor has recommended blue light photodynamic therapy for the treatment of actinic keratoses. The following is information that you might find helpful. When you schedule your BLU-U appointment, plan on being here 2- 2½ hours. You must also plan on staying out of the sun for 48 hours after your treatment. Shower the morning of your treatment and cleanse your skin as usual but do not use any moisturizer or make-up. We will scrub the area that is to be treated and Levulan Kerastick will be applied. You will then need to wait for about 1 hour. You may want to bring reading materials to help pass the time. If you choose to leave the building to get a bite to eat, you will need to bring a big hat to avoid the sunlight, even while in the car. If the area being treated is your arms, you will need to wear long sleeves.**

**The area being treated will be cleansed. You will be provided with protective eye wear and be placed under the BLU-U lights for 15 minutes. You will probably experience some mild tingling and burning, much like you would feel from a sun burn. After the treatment the area will again be cleansed and sunscreen will be applied. We recommend that you apply sunscreen during the 48 hours following the treatment. Please bring a big hat to wear home if your scalp or face is being treated.**

**You can expect some mild discomfort later in the day, with some oozing and crusting. You may find that applying Aquaphor or Vaseline to the irritated area will help with this mild and temporary reaction. Cool compresses and Tylenol or Advil can help with discomfort. Following the treatment you will want to avoid exposure to sunlight both indoor and outdoor, extreme temperatures and wind, and hot water.**

**You will need to schedule a follow-up appointment 1 month after the treatment. If you have any other questions or concerns please feel free to call Chris at our office.**