

# Post-treatment patient information after daylight PDT (Photodynamic Therapy) treatment using AMELUZ® 78mg/g gel

Thank you for undergoing Daylight Photodynamic Therapy (PDT) at our clinic. This treatment uses the active ingredient 5-aminolaevulinic acid in AMELUZ® to target pre-cancerous skin conditions like actinic keratosis and sun-damaged skin. To ensure optimal recovery and results, please follow these post-treatment instructions carefully.

## What to Expect After Your Treatment

**Redness and Swelling:** Mild to moderate redness, swelling, and sensitivity may occur in the treated areas. This is normal and usually subsides within 1-2 weeks.

- **Peeling or Crusting:** You may experience peeling, crusting, or flaking of the skin. Avoid picking or scratching the affected areas.

- **Tingling or Burning Sensation:** Some patients feel a slight burning or tingling sensation immediately after the treatment, which should subside within a few hours.

- **Increased Sun Sensitivity:** Your skin will be more sensitive to sunlight following the procedure. It's important to avoid direct sun exposure.

## Immediate Post-Treatment Care

### 1. Sun Avoidance:

- After the gel is applied and the treatment area is exposed to sunlight for 2 hours, wash off the extra gel with water.

- Avoid direct sunlight for the next 48 hours. Stay indoors or in shaded areas as much as possible.

- If you must go outside, wear SPF, a wide-brimmed hat, sunglasses, and protective clothing.

### 2. Sunblock Application:

- Use a high-SPF sunscreen (SPF 50) to protect your skin. Reapply every 2 hours if you are outside.

- Continue sun protection for at least 48 hours after treatment and maintain sun care habits long-term to prevent further damage.

### 3. Skin Moisturization:

- Apply a gentle, fragrance-free moisturizer to the treated areas twice a day or as needed to soothe dryness.

- Avoid using any harsh or irritating skin products (like retinoids, exfoliants, or scrubs) for at least two weeks post-treatment.

## Recovery Tips

- Cold Compress: If you experience discomfort or swelling, you can apply a cold compress to the area for 10-15 minutes at a time.
- Pain Relief: If needed, over-the-counter pain medications like paracetamol or ibuprofen can help manage discomfort.
- Gentle Skincare: Stick to mild cleansers and avoid hot water when washing your face or treated areas. Pat your skin dry with a soft towel.
- Avoid Picking or Scratching: Allow any crusting or peeling to naturally fall off. Do not pick at it, as this could lead to infection or scarring.

## When to Contact the Clinic

Please reach out to us immediately if you experience any of the following:

- Severe or prolonged redness, swelling, or pain.
- Signs of infection, such as increased warmth, discharge, or excessive swelling.
- Any other concerns regarding your recovery.

## Follow-Up Appointment

We recommend scheduling a follow-up appointment after 3 months to assess your healing and results. Our team will evaluate the treated areas and guide you on any additional care or treatments that may be beneficial.