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Information about BLU-U® blue light treatment (PDT Photodynamic Therapy)

In some cases, it may be necessary to undergo this treatment two or more times in order to achieve the desired result. Occasionally, actinic keratosis may not fully respond to PDT, in which case another treatment (such as freezing with liquid nitrogen) may be necessary. New actinic keratosis may develop as time goes by and future treatment may be required.

Before treatment starts:

- Be sure to tell your physician if you are taking any photo allergic, photo toxic or photo sensitizing medications.
- Bring adequate sun-protective items with you to your appointment such as a wide-brimmed hat, umbrella, long sleeved shirt, gloves or long pants.
- Be prepared to avoid exposing the treated lesions to sunlight or other bright light for at least 40 hours after treatment.

The Levulan (photodynamic therapy) treatment

Step 1: Application of the Levulan® Kerastick® topical solution. Levulan will be uniformly applied to your AK (actinic keratosis, or pre-cancer) lesions.

- We will direct you to wait the amount of time recommended by your provider in order to allow the solution to penetrate the targeted cells. Usually for face & scalp that will be 1 hour, for arms and legs it will be 1½ hours.
- During this time you will be waiting in our office. Please bring something to do while you're waiting such a book to read. We have Wi-Fi and a DVD player in the computer in the room. You can bring DVDs to watch or we have a few DVDs of TV shows you can watch – Friends, old Johnny Carson shows, etc.

Treatment Step 2:

- The second part of your treatment involves illuminating your treated lesions with the BLU-U® blue light.
- This will take approximately 17 minutes.
- You will be provided with protective eyewear.
- You may experience stinging or burning during your BLU-U light, this could increase in the first 5 minutes of exposure to the light. The sensations should subside between 1 minute and 24 hours after treatment.

After Treatment

You may experience side effects following your Levulan PDT treatment. The most common:

- Burning/stinging, which could be severe, may last up to 24 hours after treatment
- Redness and swelling which may last up to 4 weeks after treatment
- Scaling/crusting this may last up to 4 weeks after your BLU-U treatment.
- Remember to avoid exposing treated lesions to sunlight or other bright light for at least 40 hours after treatment.

You may apply moisturizers and sun screen as needed.