

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

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DIRECTIONS FOR PATIENTS RECEIVING BLUE LIGHT/DUSA/AMELUZ TREATMENT FOR ACNE OR ACTINIC KERATOSES (PRECANCEROUS GROWTHS)

If you are being scheduled for the blue light/DUSA treatment for acne or actinic keratosis (precancerous growths), please follow these directions.

1. Stop all photosensitizing medications (medications that may make you more sensitive to the light) at least three days prior to the treatment. These include antibiotics for acne such as tetracycline, doxycycline (ex. Doryx, Adoxa), minocycline, as well as certain blood pressure medications and diuretics or water pills. Please ask your physician or medical assistant if any of the medications you are taking can cause photosensitivity. If you do take these medications and receive blue light, you may get a reaction to the blue light which in and of itself is not dangerous or severe but may give you a sunburn like reaction. Therefore, stopping these medications is important, at least three days prior to your first treatment.
2. You must stop all retinoids such as Retin-A, tretinoin, Avita, Differin, Tazorac, Avage, or Renova three days prior.
3. You will receive the light treatment either with application of Levulan Kerastick or Ameluz. You will receive 2 confirmation notifications (phone, text or email), please keep the earlier one. One appointment is for the application of the medications and the second one is for the light treatment. Once the medication is applied, you will wait between 30 minutes to one hour, we may then have you wash liquid off. You will then receive the light treatment for up to 16 minutes. You can wash again and apply sunscreen. Plan on being in the office for 1-2 hours.
4. It is suggested that you bring a hat to wear after the treatment to protect the face and scalp.
5. After your treatment your face may be red, slightly itchy, or have a sunburn like reaction. A mild cortisone cream will be given to you to clear this quickly, this along with a moisturizer and sunscreen will be enough to help healing. **YOU MUST STAY OUT OF THE SUN AND STAY INDOORS FOR 36-48 HOURS AFTER THE TREATMENT.** If you need to go out, do so with a hat, sunscreen, or go out after dark.
6. If you have any questions, please discuss these with your physician or our staff.
7. Take photos with your camera phone each day for 3 days after treatment and bring with you at follow up.

Website: <http://www.centerforderm.com>

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