



## **LEVULAN PHOTODYNAMIC THERAPY (AKA BLU LIGHT THERAPY)**

### **How long will it take?**

- ❖ The time spent at the appointment for the Blue Light Therapy depends on the area treated. Generally, anticipate 2-2 ½ hours for the face and 3-3 ½ hours for the face and scalp.

### **How to prepare for the treatment:**

- ❖ Wash the area being treated with soap and water and do not apply makeup, lotion or sunscreens prior to your treatment.
- ❖ Please bring a wide brimmed hat with you. You must avoid sunlight for 48 hours so make sure not to plan any outdoor activities. If driving more than 15 minutes from our office please bring a scarf to wear around face for drive.
- ❖ You will need to use a sunblock that has an SPF of at least 30 that contains either zinc oxide or titanium dioxide.
- ❖ You may bring music or a book for the incubation time. Do not bring a laptop as it may emit blue light. When using an electronic device, please change the screen settings to “night shift” or “red shift” mode.

### **What to expect during your appointment:**

- ❖ We will need to prepare the treatment area with Acetone prior to applying the Levulan (amniolevulinic acid HCL 20% topical solution)
- ❖ After the application of Levulan, you will be sitting in a waiting room for the prescribed incubation time according to the area being treated, approximately 75 minutes for the face and 2 hours for scalp.
- ❖ After you have completed your incubation time, you will then be placed under the Blue light for prescribed time determined by the physician, usually 17 minutes per area.
- ❖ Individual reactions to the Blue light vary. Some will experience an intense burning sensation or a severe sunburn reaction and others will experience just mild discomfort.