

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

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Levulan Photodynamic Treatment with BLU-U Light System

PRE-TREATMENT INSTRUCTIONS

- Contact your insurance company to confirm coverage. Diagnosis code L57.0, Treatment code 96573, 96574, and Medication code J7308. This is covered by Medicare and most insurance companies, however deductibles and copays apply.
- No sun burns, sun tanning, or tanning sprays/creams for 1 week prior to treatment.
- Stop use of exfoliating and anti-aging products to treatment area for 1 week prior to treatment.
- If you have any history of previous cold sores or fever blisters (Herpes simplex), you should ask for a prescription for oral Famciclovir. One 500 mg tablet is taken twice daily for 5 days, starting the the night before or the morning of your BLU light treatment.
- We recommend taking Tylenol, Motrin, or similar over the counter medication, 2 tablets, prior to your appointment to decrease stinging or burning sensation felt during treatment.
- Make sure your skin is clean and free of all makeup, moisturizers, and sunscreens.
- Bring a hat, sunglasses, and scarf when appropriate to the office.

TREATMENT STEPS

- You will sign a consent form.
- An acetone scrub or curettage is performed. This will enhance the absorption of the Levulan to give a more even uptake.
- Levulan is applied topically to the whole area to be treated with extra pressure or another coat over the areas affected most. A warm towel may be applied to benefit the treatment.
- The Levulan is left on for 60 minutes (30-120 minutes range). Bring something to do while you wait. It may be left on longer.
- The Levulan is then washed off.
- The Levulan is activated with the BLU-U Light System. The length of the treatment is usually 16 minutes. You may feel stinging or burning during the treatment.

- Alastin Soothe & Protect Balm and postprocedure sunblock is applied and recommended for home use.

POST-TREATMENT COURSE AND INSTRUCTIONS

- Avoid any sunlight (including sunlight from windows) and bright fluorescent light x 36-48 hours. This is very important. Stay indoors – sunscreens will not protect enough unless you use pure zinc oxide and wide brimmed hat (only if necessary). Excess exposure can cause severe sunburn-like reaction.
- It is possible to get redness, swelling, peeling, scaling, itching of skin for 3-7 days, but it may be that you do not experience much of a reaction. To reduce swelling, apply cold compresses at ten minute intervals for the first 24 hours as needed. If itching or peeling, it is okay to use over the counter 1% hydrocortisone ointment two to three times daily for 1 week. If you develop pain, please call the office.
- Use a mild cleanser such as Cetaphil or Cerave Cleanser to wash the treatment area. Apply gentle moisturizer such as Alastin Balm or Obagi Hydrate Moisturizer (available here) as many times as necessary for comfort. It is okay to wear make-up. It is okay to shave but if skin feels irritated, it is okay to wait until irritation has cleared. Wait 1 week before resuming any prescribed or anti-aging topical products.
- Continue to wear sunblock and a hat while outdoors after treatment.