



**AEGIS | MD**

FACE • BODY • SKIN • VEINS

## PHOTODYNAMIC THERAPY WITH LEVULAN IPL/BLU-U

Living with acne, or precancerous sunspots, can be quite distressing and is not a condition that needs to be accepted. Photodynamic therapy with Levulan is an effective non-invasive treatment. It is used to treat acne, actinic keratoses (pre-cancerous sun spots) as well as sun-damaged skin by killing acne causing bacteria, overactive oil glands and premalignant skin cells and precancers. Results are cumulative: Changes will be seen after your first session, but optimal results are seen 3-4 weeks after your third treatment. As with all services it is important for you to use your medical grade skin care regime before and after treatments. We recommend using Skin-gestible Luma Glow Fatty Acid Antioxidant Oil Blend™ to treat your skin from the inside out. Schedule your Complimentary Reveal360™ Skin Care consultation to determine a skincare regime that will give you the best results.

### CONTRAINDICATIONS

- Please contact us prior to treatment if you suffer from cold sores or have been diagnosed with the herpes simplex virus. Anti-viral medications such as Valtrex can be taken prophylactically to prevent an outbreak
- Active cold sores or warts, excessively sensitive skin, irritation, eczema, dermatitis or inflammatory rosacea or who are sunburned in the areas to be treated
- Patients who have taken Accutane/Epuris/isotretinoin in the past 3-6 months (discuss with your provider)
- Patients who are actively undergoing chemotherapy or radiation
- Compromised immune system or active infections
- Patients with vitiligo
- Patients who are pregnant and breastfeeding (discuss with treatment providers)
- Light sensitizing Medications such as St. John's wort, griseofulvin, thiazide diuretics, sulfonamides, phenothiazines, sulfonamides and tetracyclines might increase the photosensitivity reaction.
- Cannot have the treatment if you have a history of keloid scarring.
- Cutaneous photosensitivity at wavelengths 400-450 nm
- Allergies to porphyrins
- Sensitivity to any of the components of the LEVULAN KERASTICK

### PRE-CARE INSTRUCTIONS

#### 4 weeks before

- Please advise your medical provider with history of allergies, medications and **any** changes in medical history
- No sun exposure, UV tanning beds or self-tanners 4 weeks before treatment. Sun exposure increases the risk of post treatment complications

#### One week before:

- **Ensure you have a prescription for antivirals such as Valtrex if you are prone to cold sores**
- If bruising is of concern one week before treatment avoid anti coagulants, platelet inhibitors, NSAID, if not possible

## sores

- If bruising is of concern one week before treatment avoid anti coagulants, platelet inhibitors, and NSAIDs if not medically necessary **IMPORTANT: Do not stop taking any medication that has been prescribed or recommended by your doctor.**

### 2-5 Days before:

- Discontinue products containing retinol, prescription retinoids (such as Retin-A, Renova, Differin (Adapalene 0.1), Tazorac) Salicylic Acid, Alpha Hydroxy Acids (AHA's), BHA's, Benzoyl Peroxide, glycolic acid, lactic acid, vitamin C
- Avoid smoking and Alcohol 3-5 days before procedure

### Purchase before treatment day:

- ALASTIN ultra nourishing Moisturizer
- Broad Spectrum Sunscreen such as SkinMedica SPF 34+
- Milky Way Restorative Cleanser

## POST-CARE INSTRUCTIONS

- **Your skin will be sensitive to heat and light for up to 48 hours after treatment. Avoid direct sunlight and exposure to bright light as much as possible (including indoor light, screen light, window light). Any exposure to light will continue to activate the medication and may lead to an exuberant reaction**
- **Sunscreen and protective clothing should be worn post treatment before leaving clinic**
- Expect your skin to appear red (resembling sunburn) for 1- 7 days after treatment. Mild to moderate peeling is expected and may last for several days.
- There will be redness and mild blistering of the treated areas lasting from several hours to 7-10 days.
- The pigmented areas might crust, flake or peel. This should also resolve within 7-10 days
- In order to facilitate healing, use the vinegar soak protocol found below
- Your face may become swollen after treatment, particularly around the eyes. Sleeping with your head elevated for the first 2 nights will help decrease swelling.
- Use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling. You may experience a sensation of heat for several hours after the treatment.
- You may take Tylenol or Advil to help with any discomfort if necessary.
- Avoid swimming, hot tubs, & saunas several days following your treatment.
- Protect your improved skin with minimum SPF 30 daily

**If you have any questions or concerns, please do not hesitate to contact the clinic.**

**Phone: 905 682 3447 Email: [info@aegismd.ca](mailto:info@aegismd.ca)**

**(Available weekends and after hours)**

## VINEGAR SOAK PROTOCOL

The Vinegar soak for wounds helps speed the healing process and reduce risk of infection. This soak will act as an antibiotic as the vinegar solution is a deterrent to certain bacterial growth. It will also act like a toner to restore the acidic balance of the skin and offers soothing relief of discomfort.

The healing regimen includes soaking the skin with a dilute solution of vinegar water at the concentration of 1 oz-2 cups of water (if you prefer: 2 oz of vinegar in a 250ml bottle). Soak clean cloths in the solution and apply wet to the healing skin for 15-20 mins per application.

After soaking the skin, apply a moisturizing barrier such as ALASTIN Ultra Nourishing Moisturizer to prevent the tissue from drying and encourage epidermal healing until the next vinegar water application.

These cycles of vinegar water soaks followed by the application of healing ointments are constant throughout the healing process. We encourage the vinegar soaks 3-4 times per day.

This protocol is optional, and your provider will direct you as to how often, how many days and if you need to do this protocol.

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