

# DAYLIGHT ACTIVATION INSTRUCTIONS FOR PDT

## The activation process

- ALA is activated by natural light over two hours (three hours if raining).
- As soon as you get home, sit outside in a position that gets bright light but not direct sun.
- Apply a chemical sunscreen (without titanium or zinc) during summer.

## The reaction

- The degree of reaction depends on the amount of sun damage present.
- Expect your face to become inflamed within three to six hours.
- During the first four days, your face will look very inflamed, swollen and can be painful to touch, like sun burn. The skin will start peeling after three days. Burning, stinging, crusting, swelling, and redness are common.

## Post-procedure instructions

- Afterwards, shower and wash any residual ALA off your skin.
- Application of a moisturiser is encouraged from day one.
- You have a script for a cortisone cream (Betnovate Cream), to help settle pain and inflammation. This is optional and can be started after 48 hours.
- We recommend Nurofen Plus for pain relief.
- You have a script for a stronger pain killer Panadeine Forte. This can be used if Nurofen Plus is not working.
- Sun exposure must be avoided for a week. After this, care should be taken when going outdoors by wearing a wide-brimmed hat and sunscreen.
- The treated areas should have settled completely by two weeks.

**If you have any questions or concerns, don't hesitate to contact us.**