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## **CONSENT FOR PHOTODYNAMIC THERAPY WITH LEVULAN (PDT)**

Levulan (aminolevulinic acid 20%) is a naturally occurring photosensitizing compound, which has been approved by the FDA to treat pre-cancerous skin lesions called actinic keratosis. Levulan is applied to the skin and subsequently “activated” by specific wavelengths of light. This process of activating Levulan with light is termed Photodynamic Therapy. The purpose of activating the Levulan is to improve the appearance and reduce rosacea, acne, sebaceous hyperplasia (enlarged sebaceous glands), decrease oiliness of the skin, and improve texture and smoothness by minimizing pore size. Any pre-cancerous lesions are also simultaneously treated. The improvement of these skin conditions (other than actinic keratosis) is considered an “off-label” use of Levulan.

I understand that Levulan will be applied to my skin for 30-60 minutes. Subsequently, the area will be treated with a specific wavelength of light to activate the Levulan. Following my treatment, I must wash off any Levulan on my skin. I understand that I should avoid direct sunlight for 48 hours following the treatment due to photosensitivity. I understand that I am not pregnant.

Anticipated side effects of Levulan treatment include discomfort, burning, swelling, redness, and possible skin peeling, especially in any areas of sun damaged skin and pre-cancers of the skin, as well as lightening or darkening of skin tone and spots, and possible hair removal. The peeling may last many days, and the redness for several weeks if I have an exuberant response to treatment.

I consent to the taking of photographs of my face before each session. I understand that I may require several treatments sessions spaced 2-4 weeks apart to achieve optimal results.

I understand that medicine is not an exact science, and that there can be no guarantees of my results. I am aware that while some individuals have fabulous results, it is possible that these treatments will not work for me. I understand that alternative treatments include topical medication, oral medications, cryosurgery, excisional surgery, and doing nothing.

I have read the above information and understand it. The doctor and her staff have answered my questions satisfactorily. I accept the risks and complications of the procedure. By signing this consent form I agree to have one or more Levulan treatments.

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Signature

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Print Name

Date: \_\_\_\_\_

Witness: \_\_\_\_\_



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## **HOME CARE INSTRUCTIONS FOLLOWING PHOTODYNAMIC SKIN REJUVENATION OR ACNE TREATMENT**

### **DAY OF TREATMENT**

1. If you have any discomfort, begin applying ice packs to the treated areas, this will help keep the area cool and alleviate any discomfort, as well as help keep down any swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
2. Remain indoors and avoid direct sunlight.
3. Spray on \_\_\_\_\_ often
4. Apply \_\_\_\_\_
5. Take analgesics such as Advil if necessary.

### **Day 2-7**

1. You may begin applying make-up once any crusting has healed. The area may be slightly red for 1-2 weeks. If make-up is important to you, please see one of our estheticians for a complimentary consultation for Mineral Make-up, which is all natural, inert, anti-inflammatory, and acts as a concealer with sunscreen. It is especially effective to mask redness.
2. The skin will feel dry and tightened. \_\_\_\_\_ should be used daily.
3. Try to avoid direct sunlight for 1 week. Use a total block zinc oxide based sunscreen with a minimum SPF 30. We recommend \_\_\_\_\_.