



DERMAHEALTH
DERMATOLOGY & DERMASURGERY
The Pacific Northwest Skin Expert

Post Photodynamic Therapy

Your BLU-U Appointment is at: _____

DAY 1

ABSOLUTELY NO SUN EXPOSURE

Wash treated area 3 times today with gentle cleanser

Spray **Avene Thermal Spring Water Spray** as needed for comfort

Apply **moisturizer** & a **ZINC-BASED sunscreen** six times today (until bedtime)

DAY 2

ABSOLUTELY NO SUN EXPOSURE

Wash treated area 3 times per day

Spray **Avene Thermal Spring Water Spray** as needed for comfort

Apply **moisturizer** & **ZINC-BASED sunscreen** 3-4 times today

DAY 3-7

Wash treated area at least 2 times per day

Spray **Avene Thermal Spring Water Spray** as needed for comfort

Apply moisturizer & sunscreen after washing

Reapply throughout the day as needed

PRODUCT RECOMMENDATIONS:

Cleansers: DermaCare Gentle Green Tea Cleanser, Avene AntiOil Cleanser

Repair: Avene Thermal Spring Water Spray

Moisturizers: DermaCare Restorative Bio-Therapy Moisturizer, CeraVe Moisturizing Cream, Avene Tolerance Extreme, Avene Cicalfate,

Sunscreens: DermaCare Sheer Sunscreen, DermaCare AntiOxidant Tinted Sunscreen, TheDermaShop.com Sunscreen, CeraVe AM, TIZO sunscreen

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