Patient Instructions for Levulan/Blu-U Phototherapy for Actinic Keratoses

Before Levulan is applied:
1) Plan to avoid sunlight and bright artificial light after medication is applied. Hat is recommended.
2) Cleanse areas that will be treated with Levulan with soap and water.

After Levulan is applied:
1) Do not wash off medication while awaiting Blu-U phototherapy.
2) Burning or tingling sensation may or may not be experienced during application of Levulan. The medication is applied in a thin over-lapping layer as directed by the provider. The lack of sensation does not indicate improper or incomplete application as the nurse can clearly see the Levulan when being applied.
3) Avoid sunlight and bright artificial light. Hat is recommended.
4) Return to office for phototherapy as directed.

During Blu-U Phototherapy:
1) Nurse will wash off residual Levulan before phototherapy.
2) Patient wears protective goggles and keeps eye closed during 16 minutes and 40 seconds of treatment. Phototherapy unit is programmed and will automatically turn off after designated time.
3) Fan is used during phototherapy to help reduce the stinging sensation that may be experienced during the first 6-8 minutes of Blu-U light.

After Blu-U Phototherapy:
1) Expect a mild sunburn like reaction to sun damaged skin and increased photosensitivity in general from the treatment for 24-48 hours. Your skin will be very sensitive.
2) Sun blocking agent with micronized zinc oxide and titanium dioxide should be applied to treated areas and re-applied several times for 24-48 hours. Sunscreen will not provide absolute protection.
2) Avoid sunlight and bright artificial light for 24-48 hours. Other types of light that can also cause a burning sensation include bright fluorescent inside lights, as well as TV and computer screens.
3) Moisturizer may be applied to treated areas for comfort. Cool compresses may also be applied for 15 minutes 2-4 times a day as needed.

If you have any questions, please call our office at 560-6444.