



190 North Pointe Blvd., Suite 1  
Lancaster, PA 17601

## **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.