



Blue Light  
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#### REASON FOR TREATMENT:

Blue Light is often used to treat precancerous spots known as actinic keratosis. They often present as reddish, scaly patches caused by severe sun damage. If left untreated they can turn into squamous cell carcinoma, a type of skin cancer.

#### DAY OF BLUE LIGHT:

When you arrive at the office, please have the area clean (no makeup, moisturizers, etc). An assistant will wash the area prior to the application of the photosensitizing medication. Once your provider has applied the medication you will wait the allowed time depending on the site, typically 1-2 hours. Once the medication has been applied you may **not** wash it off until after you have sat under the light. You will then sit under the blue light for 16 min and 40 seconds.

#### WHAT TO EXPECT AFTER TREATMENT:

Following your treatment, you will notice redness where the light has drawn out precancerous cells. This can leave a burning sensation similar to a bad sunburn. You may apply a cool compress to the area along with vaseline or aquaphor. Please avoid direct sunlight for the first 48 hours as this will cause more irritation. Over the next 1-2 weeks, the affected areas may flake, form crust or scab, then peel. A 2 week follow up with your provider is recommended.

If you are experiencing severe pain or swelling please call our office immediately.

Office Hours + Contact Info  
M-F, closed Sat & Sun  
7:30 AM - 5:00 PM  
(954) 492-8866