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CENTER FOR DERMATOLOGY AND LASER SURGERY

5601 J Street

Sacramento, CA 95819

Patient:

Procedure Date:

**PATIENT INFORMATION FOR
LEVULAN/BLUE LIGHT OR METVIXIA/RED LIGHT**

Apply Efudex on the areas designated x6 days prior to Levulan/Metvixia appointment on the 7th day. Do not apply cream around the mouth, including chin and under nose.

*May apply sunscreen after applying Efudex.

PATIENT MUST KNOWS

- Must stay out of the sun for 48 hours
- Must bring wide-brimmed hat into office for appointment
- Must plan to be here for 2 ½ - 4 hours
- Must go straight home and avoid sun exposure (including windows)
- Must be aware patient will be red (don't schedule prior to social events)
- Will need to have Vaseline on hand for aftercare treatment

Levulan (Aminolevulinic acid 20%) is a naturally occurring photosensitizing compound that can be used to treat many different skin conditions. It has been approved by the FDA to treat pre-cancerous skin lesions called actinic keratoses. 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 (PDT). PDT can treat acne rosacea, acne vulgaris, sebaceous hyperplasia, decreased 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 keratoses) is considered an "off label" use of Levulan

Metvixia Cream is a prescription cream used with PDT to treat skin growths called actinic keratoses (AK). Metvixia Cream is only used for AK skin growths that are thin and not dark colored. AK skin growths are caused partly by too much sun exposure. Metvixia Cream and PDT work together to treat AK skin growths. Metvixia Cream is applied to the actinic keratosis skin growths and to a small area of the skin around the growths. The treated skin areas are then covered by a clear bandage for two hours. After the bandage is removed, the areas will be rinsed with water and treated with PDT, which lasts about 10 minutes for each area

Anticipated side effects of Levulan treatment or Metvixia 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 the patient has an exuberant response to treatment. In the case of acne, there can be acne flare-ups, especially noted in the initial treatment when the sebaceous glands are shrinking.