Daylight Photodynamic Therapy

What is Photodynamic therapy (PDT)?

- Daylight PDT is a specialised treatment for Actinic keratoses.
- It involves the nurse preparing the skin and applying two creams one of which is called Metvix (methyl aminolevulinate). This is soaked up by the abnormal cells in the affected skin. When exposed to daylight within 30 minutes of application for a further 2 hours the abnormal cells are destroyed.

When do we choose PDT?

- We would usually recommend PDT when it is most suitable or when other treatments have not worked.

What are the benefits of PDT?

- It causes minimal damage to healthy skin and produces good cosmetic results.
- It is sometimes the most appropriate treatment for poor healing sites such as the legs and for larger areas than we would treat with conventional PDT.

What other options do I have for treating my skin?

Your clinician will discuss other treatment options including the use of:

- Liquid nitrogen.
- Creams such as Efudix or Aldara.
- Different types of surgical treatments.

This will allow you make an informed choice about your care.

How is PDT given?

- The first part of treatment is carried out in Dermatology by trained dermatology nurses in the department at Chesterfield Royal Hospital.
- The nurse will apply a special sun cream to your skin, this is allowed to dry for 5-10mins. Then we will gently lift/scratch off any dead skin cells/crust ect… and apply a thin layer of Metvix.
- You will need to expose the treatment area to daylight within 30min of application, for example if the area is on your leg you can sit on a bench/lawn with the site exposed as much as possible to daylight. You should do this for at least 2 hours.
• If it rains; if possible sit in a conservatory or somewhere dry and exposed to as much daylight as possible i.e the hospital foyer.

• If you have any problems such as the 2hr treatment was interrupted by rain you should recall the length of time spent outdoors and call the nurse as soon as possible to inform her, the treatment may have to be repeated.

Please call the nurse after 2hrs or the following day on 513106 and leave a message stating that you have completed the treatment and if you had any pain.

Pain should be measured on a score of 0 (no pain) 10 (worst pain ever had).

What to expect form daylight PDT?

• The area may tingle and go red.

• You may feel pain or a burning discomfort at the site when exposed to daylight. The pain and itch can persist but is normally at its worst 1-2 days after treatment.

• Usually becomes inflamed the forms a scab by one week.

• Uncommonly ulcerates or scars.

Important notice about attendance

If you are unable to attend for treatment, please ring the department on 01246-512135.

DO NOT RE-ARRANGE WITH MAIN RECEPTION—only with the PDT nurse.

My appointment is:

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