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Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

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Reference: BH/PIN/1150

Publication date: July 2022

All our patient information leaflets are reviewed every three years.

Patient information

Photodynamic therapy (PDT)

Dermatology Department

The Royal London Hospital



What is PDT?

Photodynamic therapy or PDT is a treatment given for sun damaged sites (actinic keratosis), some superficial skin cancers (basal cell carcinoma) or pre-cancerous lesions (Bowen's disease).

There are two methods of PDT; **conventional PDT** using a red lamp or **daylight PDT** using natural daylight. Depending on your diagnosis, either 1 or 2 treatments are required.

Types of PDT

There are two types of PDT that we undertake; conventional PDT using a red lamp, and daylight PDT using natural daylight. Both methods use a cream called Metvix which is applied to the skin and activated by either the red lamp or daylight, destroying abnormal cells but leaving the surrounding normal skin unaffected.

What does the treatment involve?

Conventional PDT

When you attend for your treatment, we will clean the area to be treated, and remove any loose scale/dead skin from the site. This enables the Metvix cream to penetrate the skin. We will then apply the Metvix cream and cover the area with a dressing. You must keep this in place for **3 hours**. You can leave the department during this time. You will then be asked to return to the Dermatology department for the second stage of treatment. We will clean the area, then shine a red lamp on the site for approximately 10 minutes.

Daylight PDT

If you have daylight PDT, we will clean the area to be treated and remove any loose scale/dead skin. We will apply sunscreen to the exposed areas, followed by Metvix cream to the affected area/s. After this has absorbed, you will be required to be outside in the daylight for **2 hours**. After 2

hours, you will be asked to return to the department, and we will clean the site.

This treatment is weather dependent, and because of this, sometimes appointments have to be rescheduled. This only takes place on certain months of the year. It is only necessary to expose the affected area, but we advise you bring along your own sunscreen (SPF 30 at least).

Before your treatment

If the consultant you met in clinic informed you to apply a moisturiser to the area before your treatment, please apply this for 3-4 days prior, but NOT on the day of treatment. If you are having daylight PDT, please bring some sunscreen and long sleeved clothes with you. This is because you will need to protect from the sun all other areas not undergoing PDT treatment.

Side Effects

You may experience discomfort in the area during conventional PDT. Most people say this is a tingling pain or burning sensation. We have methods to control this during conventional PDT, including cooling sprays. Daylight PDT is relatively pain free.

Post treatment

After your treatment, you can go home. After conventional PDT, you will have a dressing in place on the treated area. Keep the area dry, clean, and covered for 48 hours. If this is not possible, ensure the area is protected with sunscreen of at least SPF 30+. Ensure when changing the dressing you wash your hands to prevent infection. The treated area will sometimes weep and form a crust. Allow this to heal without disturbing the crust. After the 48 hours, you can use moisturizer or a dressing if preferred. The site may take up to 14 days to heal.

After daylight PDT you will not require a dressing, but must protect the area with clothing, i.e., a hat, or use sunscreen. Your skin is likely to be red, swollen, and crusty for a week, but occasionally this may be longer.