

Daylight photodynamic therapy for the treatment of your actinic keratoses skin condition

Department of Dermatology

Information for Patients

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Introduction

This leaflet aims to provide you with information of what you might experience and how to care for your skin, particularly the treatment site, after daylight photodynamic therapy (PDT).

What are actinic keratoses?

Actinic keratoses are patches of dry scaly sun damaged skin. Sometimes these patches go away by themselves with regular use of sun cream and moisturising cream. However there is a small chance that they may turn into a form of skin cancer. Your doctor may recommend that these areas are treated to reduce this risk. When the changes affect lots of different areas on the head neck and body we call this actinic field change and we recommend that whole area is treated.

What is daylight photodynamic therapy?

This is a treatment for actinic keratoses. A photosensitizing gel called 5-aminolaevulinic acid is applied to all the affected areas. The gel is then activated by natural daylight. The gel starts a gentle process in the damaged cells which helps destroy them while leaving the healthy skin intact and unharmed.

What do I need to do before my appointment?

Your doctor or nurse may ask you to apply a moisturiser (such as Vaseline Petroleum jelly) daily for the week before your **appointment to the affected area to soften any crusts or scales on your skin.**

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What can I expect on the day of treatment?

When you get to the hospital, 1 of the team will tell you what is going to happen during the treatment. They will then ask for your consent to the treatment.

1. You will apply sunscreen to the affected area and any other exposed places to avoid further sun damage. Sunscreen must not contain any physical sun blocks for example, titanium dioxide. This would interfere with the reaction after the gel is applied.
2. The area will be cleaned with an alcohol wipe.
3. Any remaining crusts or scales will be gently removed.
4. The photosensitising gel will then be applied in a thin layer over the area or lesions.
5. You will then be asked to go outside within the next 30 minutes. You need to stay in full daylight for the following 2 hours. Many clinical areas do have a garden area or courtyard where you can sit but as long as you remain in daylight the choice as to where you go is up to you as long as it allows you to be outside within 30 minutes. Remember you do not need full sun, just light, so taking some shelter, in light shade, if it's too hot is fine. You may wish to bring along some music or something to read. The staff will give you more information on an area that might be suitable and what time to be back. During the treatment you may have some tingling in the treatment areas. This is normal and part of the treatment process.
6. After 2 hours any excess gel should be removed, and the treated area covered.
7. For about 48 hours after treatment, please keep treated lesion areas and nearby skin out of the sun. You could wear a dressing or another piece of clean clothing, like a cap, to keep the treated area covered.
8. The team will let you have more information on the aftercare.

What happens next?

- Whilst the damaged cells are shed and replaced with new healthy ones, the area may be red, scaly and dry for up to 2 weeks.
- Usually, your doctor will ask to see you again in 3 months. This is to go over the results to see whether more treatment is needed.

Please contact the hospital where you had treatment if you:

- need any extra advice on your care
- have not had a follow-up within 3 months.

Contact details:

St Peter's Health Centre 0116 258 5221

Loughborough Hospital 01509 564414

Melton Mowbray Hospital 01664 800106

Hinckley District Hospital 01455 441918

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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જે તુમીં ઇચ જાજવારી કિમે જેર જામા વિચ ચાહુંદે જે, ઝાં વિરખા વચ્ચે જેઠાં દિંતે ગણે નંબર 'ઝે ટેલીફોન વચે।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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