

Having indoor daylight photodynamic therapy to treat your skin condition

Department of Dermatology

Information for Patients

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Why am I having this treatment?

Indoor daylight photodynamic therapy is used to treat actinic keratosis.

Your doctor may want you to have this treatment for a different condition. This would make the treatment off-license. Off-license means to use a treatment in a different way that has not been approved by the manufacturer. This is common in dermatology.

What is indoor daylight photodynamic therapy?

This treatment targets and destroys abnormal or damaged cells. This is done by applying a photosensitising gel to the treatment area. This gel works when exposed to an indoor daylight lamp and destroys the damaged cell. The gel only targets abnormal or damaged cells. The surrounding healthy cells will not be harmed. This is called indoor daylight photodynamic therapy. It can take multiple tries for the treatment to work. Sometimes the treatment must be repeated in a cycle for the treatment to work.

What are the possible side effects of treatment?

- It is very common to feel a burning or stinging pain whilst the light is on. This will be helped with cold water and a fan.
- After treatment the area can become swollen, sore, itchy, scabbed and red. This usually resolves within 2 weeks.
- After treatment the area can become infected, contact the clinic nurse in this case.

Daylight photodynamic therapy may not work. There is a chance your condition will come back. Your doctor may offer you a different treatment or another cycle of this treatment.

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

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

What do I need to do before my appointment?

You should apply moisturiser once a day for 1 week before treatment. You can use Vaseline or a urea based emollient.

What to expect on the day of treatment

1. The treatment area is cleaned and the photosensitising gel is applied.
2. You must then wait for 1 hour. You must not go outside or expose the treatment area to the sun in this time.
3. After 1 hour, you will return to clinic. The light will be turned on and treatment lasts around 35 minutes.
4. When the lamp time is done, you should cover the area from the sun for the next 48 hours (2 days).

Aftercare for the treatment area

You should always wash your hands before touching the treatment area to stop infection.

For the first 48 hours (2 days):

- If you have pain you can take over the counter pain relief like paracetamol. You can apply a cold wet clean flannel to the area if it feels like it is burning.
- Keep the area clean and dry.
- After 2 days you can wash the area with plain water.
- You should then apply a plain moisturiser like Vaseline or balneum to the treatment area until it heals.
- If scabs form, apply moisturiser to these too. Do not pick at the area whilst it heals.

After treatment

You should regularly protect yourself from the sun after treatment and long term. You can do this by:

- avoiding the sun,
- wearing protective clothing from the sun,
- using sunscreen to exposed skin in hot weather (SPF30 plus). This is to stop the skin from getting more sun damage.

You may have a follow up appointment 3 months after treatment with the doctor or the nurse. This is to see if the treatment has worked and to see if you need more.

If you do need another cycle of treatment, this has to be 3 months after your first treatment.

More information

You can read more information from the British Association of Dermatology and DermNet which are trusted websites.

<https://cdn.bad.org.uk/uploads/2021/12/09140231/Photodynamic-therapy-PIL-January-2023.pdf>

<http://dermnetnz.org/procedures/photodynamic-therapy.html>

Contact details

St Peter's Health Centre: **0116 258 5221**

Loughborough Hospital: **01509 564 376**

Melton Mowbray Hospital: **01664 800 106**

Hinckley District Hospital: **01455 441 918**

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

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