



## PHOTODYNAMIC THERAPY (PDT) POST TREATMENT INFORMATION

### What to expect post treatment?

**Day 1-4** A “sunburn” - like reaction with swelling/redness/burning/itchiness, flaking and crusting

**Day 4-7** The skin will become dry with crusts, which will peel off.

Some of the brown spots on your skin will appear darker before peeling. This is normal. When scaling and redness are no longer apparent (5-7 days after treatment) healing is complete. Makeup can be applied at this stage after moisturiser.

Once the skin has crusted and is dry use a cream moisturiser liberally 4-5 times per day to help at this stage. For example LA ROCHE-POSAY Lipikar or Cicaplast baume available from our rooms. Alternative include Cetaphil cream, QV flare up cream or Avene skin recovery cream.

Once crusts develops, they should be left in place. Don't pick off the dry crusts. Soak gauze in water and Vinegar mixture and soak these off then apply moisturiser.

There may be some persistent light sensitivity in the treated area for several days following treatment. Please protect from UV light when outdoors for two days after treatment by covering the area or wearing sunscreen. Zinc or titanium dioxide sunscreens are best at this stage e.g. LA ROCHE-POSAY Anthelios Comfort Cream.

A pink or red appearance is normal and reflects the healing process. It may take a few weeks for it to resolve.

### Post treatment routine

#### Daylight PDT

Immediately after the 2 hour outside light exposure, wash off the Metvix cream with a cream based cream Based cleanser (Cetaphil wash) and apply a zinc/titanium dioxide based sunscreen eg Neutrogena Sheer Zinc.

#### Morning and Night Routine

1. Gently wash your face with a gentle cleanser (eg Cetaphil wash). Avoid soap.
2. Apply moisturiser (eg LA ROCHE-POSAY Lipikar)
3. Mornings only apply titanium or zinc oxide based sunscreen eg LA ROCHE-POSAY Anthelios Comfort Cream

If it is more comfortable to cover the treatment area, we recommend a Melolin dressing affixed with Micropore tape (available at all pharmacies). Hands can be covered with white cotton gloves. Make sure you have a generous layer of Aquaphor ointment or moisturiser over the skin so as it does not stick to the gloves.

### Help with common side effects

#### Swelling

Sleep with the treated area slightly elevated to help reduce swelling. Swelling tends to be most common around the eyes and lips. The swelling may be more marked if you had the Vbeam® laser incorporated into your treatment protocol to treat the skin redness and capillaries. Regular use of ice packs can help this.

#### Pain and burning

Take 2 Panadol every 2-4 hrs, ice compress over the first 24hrs can also give relief

#### Flakiness/Itchiness

Apply the supplied LA ROCHE POSAY Lipikar moisturiser as many times a day as you feel you need it. Use water only to wash the skin.

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### **Weeping/raw areas/pustules**

Apply Vinegar soaks with gauze (a new Chux superwipe can be used instead of gauze) for 10 min 2-3 times per day. Add 1 teaspoon of White vinegar to 1 cup of cold water. This acts as an antiseptic and drying agent. A light layer of moisturiser can be applied afterward.

### **Cold sores**

(Herpes simplex) can occasionally be triggered by PDT. The tablet Famvir is available at the Chemist without a prescription. The dose is 3 x 500mg tablets as a one off or "stat" dose at the earliest sign a cold sore is developing. This can be repeated 48 hrs later if needed.

### **Uncommon side effects**

- Ulceration of lesion treated
- Pustule formation (these are generally sterile and not infected)
- Blistering
- Changes in pigmentation in darker skinned people (a darkening or lightening of the skin at area treated)

### **Important Information**

- Swimming, hot tubs and strenuous exercise for the week after treatment.
- Use only the products we recommend during the healing phase.
- Do not use any facial cleansers, toners or soap unless instructed to do so. Wash with water only.
- During the immediate post procedure period (first 3 days), we recommend staying indoors during the day as much as possible. Afterward a daily sunscreen should be used to intact skin indefinitely. This is especially important to maintain your response and prevent further sun damage.
- Because the Aquaphor may clog your pores, you may notice a temporary outbreak of pimples and/or tiny superficial cysts.
- It is very important to avoid all contact with anyone who has a herpes cold sore, impetigo or anything that can infect the skin.

If there are any unusual symptoms, signs suggesting infection (fever, increased swelling, blistering or increased redness in an area) or concerns please contact our clinic on 9740 2409.

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