



## Bass Coast Skin Clinic

### **PDT (photodynamic therapy) information sheet**

Your Doctor has prescribed PDT treatment with ALA/5-ALA to treat your sunspots. When combined with correct dose of light, it treats both early cancer and precancerous changes of the skin.

#### **At Home - 1 Week Prior to Procedure**

Apply moisturiser to the area to be treated with a non fragrance Moisturiser (Vitamin E, Cetaphil or Sorbolene) to soften dry skin.

For stubborn growths on the skin, please apply heel balm once a day.

This will make the skin more receptive to the ointment.

**Please do not apply on the day of your procedure.**

#### **On the day of your treatment**

Please make sure you do not have make up or moisturiser on and that if required you have shaved hair away from areas to be treated

- 1) Your Skin will be cleansed by the nurse
- 2) The nurse will then use an abrasive paper to remove any scale and crust and roughen the skin surface of the lesion that is being treated
- 3) The nurse will apply the medicated ointment
- 4) The area will be covered with a dressing or tape
- 5) You will be asked to return to the clinic three hours after the medicated ointment has been applied to receive your predetermined dose of light (PDT) therapy
- 6) Individuals may experience discomfort during light therapy. These reactions are temporary and with no consequence. If at any point, you are not able to continue with the light therapy, you can ask to stop the treatment. ***Please note fees will still apply***

#### **After your treatment**

You will be given an aftercare pack with further instructions on how to care for your skin following your treatment. An appointment will also be made for you to see your Doctor for a review of the area one week later.