

## What happens next?

Depending on the type of lesion, you may need to have this treatment repeated one week later or you may have to return to clinic to have other lesions treated with this treatment.

After you have completed your photodynamic therapy treatment, you will be referred back to your consultant. This will usually be at around 3 months. Your consultant will review the results and assess if your treatment needs repeating.

### General precautions

You are advised to keep an eye on treated areas and your skin in general. A person who has previously had a skin lesion of this type, is more at risk of developing new lesions. Also regardless of the treatment used, approximately 10% of all treated lesions come back.

- Check your skin regularly looking for any changes i.e. moles changing and unhealed sores.
- Some skin cancers can appear as red scaling or red lumps
- Use suitable sun protection: hats, clothing, high SPF 50.

More information can be found:

[www.bad.org.uk/pils/photodynamic-therapy](http://www.bad.org.uk/pils/photodynamic-therapy)

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
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[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)



Mersey and West Lancashire  
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## Conventional photodynamic therapy

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## What is photodynamic therapy?

Conventional photodynamic therapy is a modern, effective treatment for certain types of pre-cancerous skin lesions such as actinic keratosis and Bowens disease, as well as selected non-melanoma skin cancers such as basal cell carcinomas.

The treatment involves applying a light sensitive cream to the lesion and 3 hours later, shining a red light onto this area. The light and cream together create a chemical reaction to target and destroy the abnormal cells only, leaving healthy skin unharmed.

### What do I need to do before my appointment?

Your doctor or nurse may ask you to apply moisturiser to the area daily for a week or two, before your appointment. This helps to soften any crust or scale on your skin.

Please note your doctor may have referred you to have more than one lesion treated.

### What is the procedure?

Your hospital visit will take around 4 hours and is split into two parts. The first part involves preparing the lesion(s). The nurse will gently remove any scale and roughen the surface, ready for the application of the cream.

The lesion is then marked up and a thin layer of cream is applied. Dressings are then applied over the cream and these dressings should stay in place for 3 hours. Your nurse will tell you what time you will need to return to clinic. You may even wish to go home at this point.

## Light illumination

When you return to clinic, the nurse will remove the dressings and any remaining cream. You will be asked to wear specially designed glasses to protect your eyes from the red light.

Once you are in a comfortable position and the nurse has manoeuvred the lamp into position, the light treatment will commence. This usually takes 7 minutes per treatment area.

During this time you may experience a burning sensation. This is an expected reaction. Cooling spray can be used to relieve any discomfort.

### Aftercare

Immediately after treatment:

- Dressings will be applied and they need to stay in place for 24 - 48 hours.
- Take simple pain killers if required as the discomfort may last 24 hours.
- Protect the treated skin from the sun for 2 days.

After 24 - 48 hours:

- Dressings can be removed.
- Daily gentle washing and moisturising.

The treated areas may become red, swollen or crusted. These are normal expected reactions.

The skin reactions usually peak on day 2-3 after treatment, at which point scaling or flaking can develop. This usually resolves between 7 and 10 days.