

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.

- 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

www.bad.org.uk/pils/actinic-keratoses

Daylight 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 formie, 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 daylight photodynamic therapy?

Daylight photodynamic therapy is used in the treatment of pre cancerous skin lesions, known as Actinic Keratosis (AK's). These are areas of skin that have been damaged by the sun over time.

This is a treatment for individual AK's or fields of sun damage. It involves the application of a light sensitive gel and the use of daylight to activate this gel.

This treatment is usually offered between April - October in this area of the country, and can only take place on dry days over 10°C.

What to I need to do before my appointment?

Your doctor 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 scales on your skin. **However, do not apply on the day of treatment.**

What is the procedure?

Your hospital visit will take around 3 hours. The nurse will start by applying a chemical sunscreen to the areas to be treated, as well as any exposed areas of skin. Lesions will then be cleaned with an alcohol wipe and any remaining crusts will be gently removed and the surfaces roughened ready, for the application of the gel.

A thin layer of the gel will then be applied to the lesions and any surrounding skin. Within 30 minutes you will be asked to go outside and stay in full daylight for 2 hours. The nurse will inform you where to go.

What to expect

You may want to bring something to read or listen to music.

Staff will let you know what to do should the weather change and start to rain.

During the treatment you may experience some tingling in the sun damaged areas. This is normal and part of the treatment process.

After 2 hours you will return to clinic and any excess gel will be removed, the treated areas will then be covered with a dressing, sunscreen or you can bring in a hat.

What happens next?

Patients treated with photodynamic therapy usually experience local skin reactions to the treated areas such as redness, swelling, itching, crusting and irritation. These are signs that the treatment is working.

The skin reactions usually peak 2 days after treatment, at which point scaling or flaking can develop. This usually resolves after 7-10 days. Please avoid sun exposure on the treated lesion sites and surrounding skin for approximately 48 hours following treatment.

Your nurse will give you detailed information on aftercare.

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 will assess if treatment will need to be repeated.