

Daylight PDT (Photodynamic Therapy) for Actinic Keratoses

Treatment area(s): _____

What to expect 1 week before, on the day of your treatment and 1 week after treatment:

1 week before:

Your physician will give you a prescription for **Tretinoin 0.05% cream**. Apply a thin layer evenly for 7 nights prior to treatment to the areas that will be treated with PDT. This will make your skin red and a bit scaly (irritated).

Day of Treatment:

1. Patient washes their skin well with recommended gentle cleanser at clinic.
2. A sunscreen will be applied to all areas that will be sun-exposed.
3. A gentle curettage (scraping) will be performed on your treatment area, which gently removes the dead skin and thin top layer of the skin to allow even and consistent penetration of the Metvix cream.
4. The Metvix cream will be cold as it is kept refrigerated prior to treatment to ensure the integrity of the product. The Metvix cream will be applied using a spatula/tongue depressor using gloved hands and then rubbed in for penetration.
5. Once the Metvix cream has been applied to your treatment area you will be asked to **go outside within 30 minutes of application and remain outside for 1-1.5 hours**. You may sit outside in the sun, or under an umbrella or porch as long as the covered area is not more than 7m in diameter and as long as there is ample daylight around you (i.e. you are not in a tightly enclosed area). The weather may be sunny or cloudy. On cold days you can sit indoors in front of a window.

6. After 2-4 hours, you will return to the clinic where the treatment area will then be exposed to a specific calibrated light for your treatment for a period of 9-36 minutes, depending on your condition. During this activation time you will experience a sensation of tingling and slight burning (much like a mild sun burn). This reaction of your skin is normal and will subside in a few short minutes. There will be cool compresses or a hand-held fan on hand if you require a cooling of the treatment area during treatment.
7. Once the light activation of Metvix is complete you will wash your face thoroughly with a recommended cleanser and apply moisturizer if suggested. You will then be provided with a follow up date with your physician. **Once you leave the clinic you should avoid sunlight or prolonged indoor light exposure to the treated area for 48 hours after your treatment.**
8. You will be provided with post treatment instructions and recommended products for use during your period of recovery. Typically your skin will appear red (sun burned) for a period of 5-7 days with a possibility of crusting at the lesion site and flaking of the dead skin. These reactions are entirely expected and normal as your skin renews itself with new healthy skin cells and the old skin sloughs off naturally.
9. Depending on your treatment area and skin condition treated you may require a second treatment within 2-4 weeks. These details will be discussed and provided to you upon your follow up appointment booking.
10. If you have third party coverage a receipt for the Metvix drug will be provided to you upon completion to supply to your third-party coverage group for re-imbusement of the cost of the Metvix cream only. In Alberta, the Alberta Health Services Plan covers the cost of the procedure, but not the Metvix.

****If you have a fever above 39°C, redness or swelling outside of the treatment area, greenish discharge or foul odor – go immediately to your local emergency room.**

Please contact our office for further support/questions.

Post Treatment Instructions:

Day of Treatment:

- Your physician may recommend you take a Benadryl prior to treatment
- **Remain indoors and avoid direct daylight for 48 hours**
- Begin applying cold, damp cloths; adding an ice pack over top (frozen peas or corn work well as re-usable ice pack) – this will help keep the area cool and alleviate any discomfort due to mild swelling. This can be repeated as often as you wish for periods of 5-10 minutes allowing skin to recover from ice pack in-between sessions.
- Before bed you can soak the treated areas with a solution of 1 tsp white vinegar in 1 cup water. Keep in the fridge. Pour solution over clean face cloth. Apply to treatment area for 10-15 minutes. Ice may be applied directly over the vinegar soaks.
- Prior to bed, pat area dry and apply barrier cream.
- Swelling will be most evident around the eyes and is usually more prominent in the morning.
- Elevate your head on two pillows when sleeping to reduce swelling.
- Take analgesics such as Tylenol or Advil if necessary.

Day 2:

- Your physician may recommend taking Benadryl as needed.
- **Avoid daylight and fluorescent lights all day (stay home if you can).**
- Continue to apply ice packs as needed. Apply vinegar soak ever 4-6 hours to alleviate discomfort and swelling as directed above.
- You may shower. You may take Tylenol or Advil.
- Any discomfort usually subsides by Day 3.
- Photosensitivity is usually gone 48 hours after treatment.

Day 3-7:

- Skin will feel tight and dry – use the daily gentle cleanser to keep skin clean and aid in the sloughing of the dead skin process. Once you have cleansed the treated area, pat the skin dry and moisturize barrier cream. Repeat ice packs & vinegar solution as required. Treated area may be red for 7-10 days.
- Your treated area will be sun sensitive and more likely to burn for the next 2 weeks. Wear at least an SPF 50 and protective clothing/hat.

