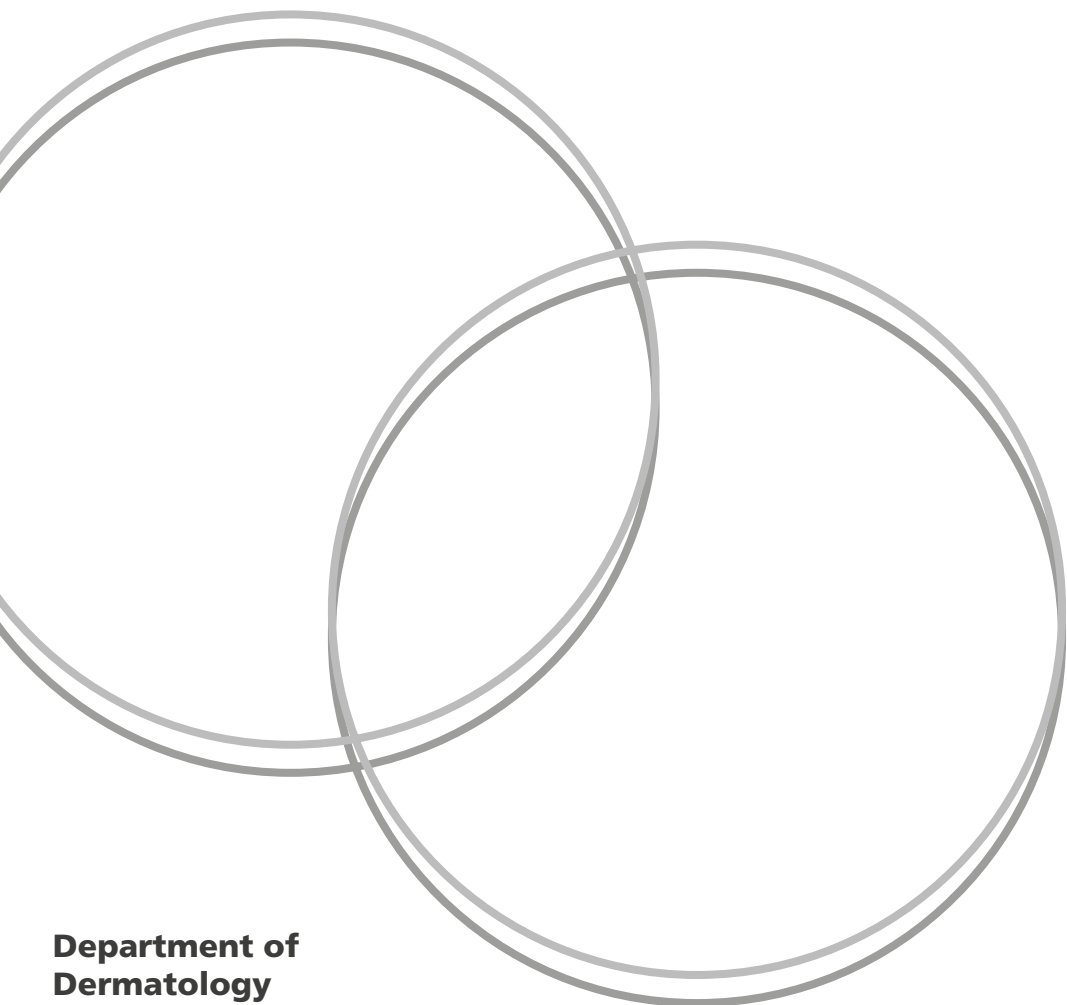




Oxford University Hospitals
NHS Foundation Trust

Natural Daylight Photodynamic Therapy (ND-PTD)

Information for patients



Department of
Dermatology

What is natural daylight photodynamic therapy?

Natural daylight photodynamic therapy (ND-PDT) is a simple, non-invasive procedure which is used to treat pre-cancerous skin lesions. The treatment involves applying a light-sensitive cream/gel to the affected area of skin. Natural daylight is then used to activate the light-sensitive cream/gel, which destroys the abnormal cells but does not affect healthy tissue. The affected area may require one or two treatments.

Is this the right treatment for me?

If you have large areas of sun-damaged skin, or you have been diagnosed with pre-cancerous skin lesions called actinic keratoses, then ND-PDT is a suitable treatment option for you.

An alternative is conventional photodynamic therapy (cPDT), where we use an indoor light source. The main disadvantage of conventional PDT is the level of discomfort. Your Dermatologist will discuss the various alternative treatments with you.

ND-PDT is a treatment widely used across the UK and Europe and the benefits and side effects of the treatment are well-established.

It is very important that you tell the staff if you have any allergies (especially to peanut oil, soya or almond oil) or have any heart problems, have a pacemaker or have any major health conditions. This may affect whether it is safe for you to have the treatment.

Who will carry out my treatment?

ND-PDT is a treatment which is provided by nurses. Your PDT nurse will need to check some details with you before you begin your treatment.

When you arrive at the department, please report to the Dermatology reception desk, where you will be directed to the correct waiting area. Your ND-PDT nurse will call you when it is time for your treatment.

Preparing for your treatment

Before you come for your treatment, please do not apply any sunscreen, moisturiser or other skin products, including make-up, as these may affect the ND-PTD treatment.

What does the treatment involve?

You will be asked to sign a consent form to confirm that you are happy to receive the treatment. The nurse will then apply a sunscreen with SPF 30 or higher to the treatment area. This will protect your skin from the ultraviolet light rays but will not block the daylight. This will take approximately 10 to 15 minutes to be absorbed into your skin. The hospital will provide this sunscreen.

Your nurse will then prepare the lesion(s) by cleaning your skin and gently removing any overlying crusting skin. They will then apply the light-sensitive cream/gel to the lesion(s). You will need to leave the affected area uncovered.

What happens next?

Your nurse will then take you to the Dermatology Garden. This is an outdoor area, near to the Dermatology department. You will need to stay in this area, in the daylight, for two hours. This activates the light-sensitive cream/gel, which then begins to destroy the abnormal cells. You can visit the toilet if you need to, but if you stay indoors longer, then you may need to stay outside for more than two hours, to make up for the time missed.

Even on an overcast day there can still be enough daylight exposure to activate the photosensitive cream/gel, if you are outside.

If the outside temperature is at least 12 to 14°C the treatment will take place in the Dermatology Garden. If it is too cold, you will have your treatment inside a glass conservatory in Sobell House at the Churchill Hospital (you will be shown where this is on a Churchill Hospital site map).

If it is raining, the PDT nurse will contact you by telephone in advance to tell you that the treatment is being postponed.

It is only necessary to expose the treated area. However, we do recommend that you bring along and use your own sunscreen (at least SPF 30) or clothing to protect the rest of your skin which is exposed to ultraviolet light during the treatment time.

What are the side effects?

The main side effect of the treatment is that you may experience mild tingling or pain in the treated area of skin.

We can give you a water spray bottle for you to use during the treatment. This can help to soothe any sensation of discomfort on your skin.

What should I bring with me?

- sunscreen SPF 30 or higher
- some food and drink (we are able to provide water to drink)
- reading material
- hat
- long-sleeved top, full length trousers or long skirt.

You may want to bring a friend or relative to sit with you during your daylight exposure, to keep you company. We would advise that they also bring adequate sun protection (SPF 30 or higher).

What should I do after the treatment?

The nurse will collect you when your treatment has finished. If you are in the conservatory in Sobell House, we ask that you make your way back to the Dermatology department to see the PDT Nurse at the end of your treatment. The nurse will give you a written card before you go to the conservatory, which confirms the time when you need to return.

The light-sensitive cream/gel will then be wiped off and a dressing may be applied, depending on the size and site of the area treated.

You will need to:

- Keep the area dry and stay indoors or cover the area, avoiding strong window light, until the following day. If this is not possible, sunscreens, a scarf, hat or a dressing should be used to cover the treated area for the rest of the day.
- You may shower and bathe as normal.

The area may weep a little and form a crust. Use a non-scented moisturiser or Vaseline (petroleum jelly) to prevent the area from forming a scab. If you feel that the area is becoming red, painful or weeping a lot, please contact the Dermatology department (see telephone numbers on page 7).

You will be asked to come to a follow-up clinic appointment in three to five months, to assess the outcome of your treatment.

How many treatments do I need to have?

Sometimes two treatments of natural daylight PDT are needed. You will be advised by the PDT Nurse or Dermatology Doctor if you need to return for a second treatment. If you need two treatments you will be given an appointment to return in one week, when the process will be repeated. Before you return, please continue to use appropriate sun protection (e.g. sunscreens with SPF 30 or above or clothing to cover the areas treated).

Who should I contact if I have questions?

If you have questions about which treatment is best for you, please speak to your Dermatologist. Their contact number will be on your appointment letter.

If you wish to discuss specific issues about ND-PDT treatment, please email dermatology.appointments@ouh.nhs.uk or call to speak to a PDT Nurse.

Telephone: **01865 228 212** or **01865 227 226**
(9.00am to 5.00pm, Monday to Friday)

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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