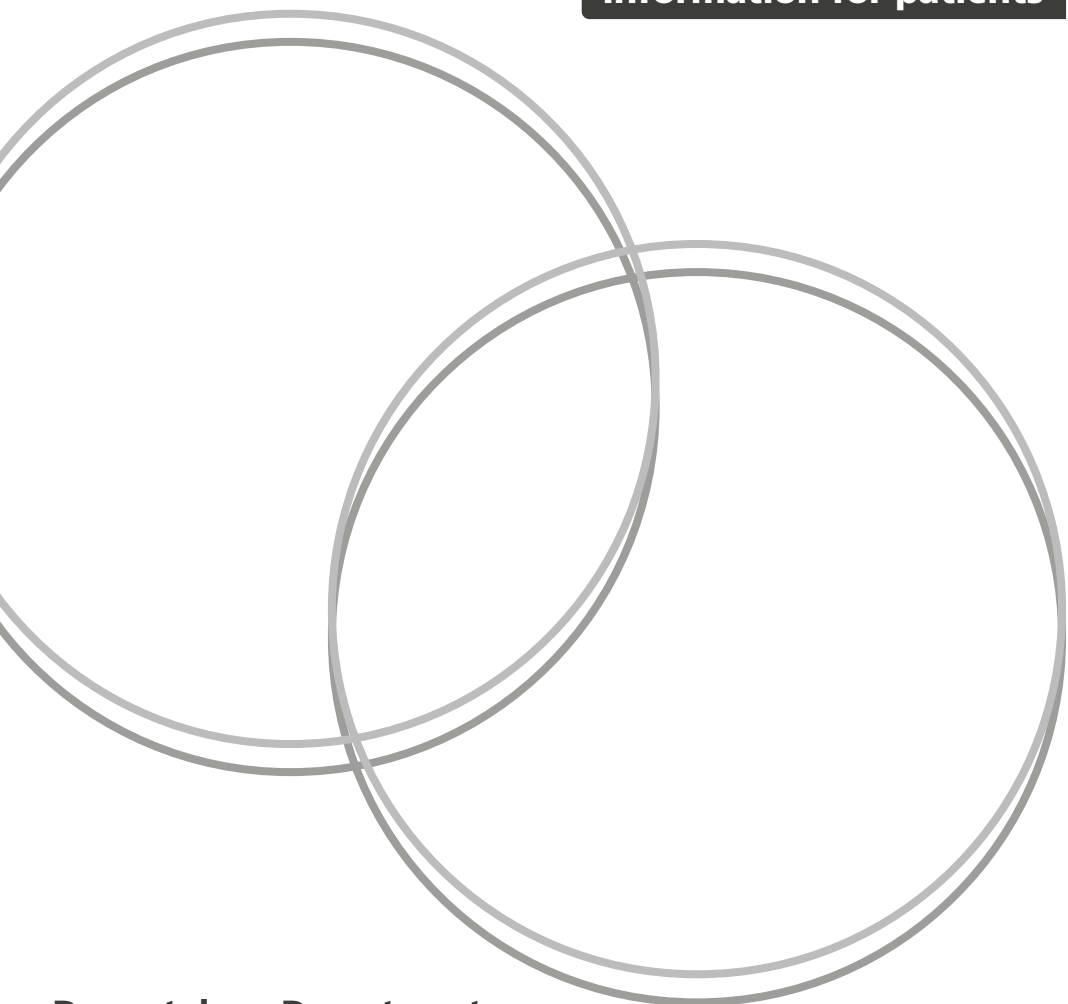




Oxford University Hospitals  
NHS Foundation Trust

# Advice After Photodynamic Therapy (PDT)

Information for patients



**Dermatology Department**

# After treatment advice

## Conventional Photodynamic Therapy (cPDT)

In the first 48 hours after your treatment:

- Keep the dressing clean and dry.
- Protect the treated skin from sun exposure, by leaving the dressing in place.
- Take paracetamol or co-codamol if you experience pain or discomfort after your treatment.
- Avoid ibuprofen. The treatment causes localised inflammation, such as discomfort and swelling. We don't want to suppress this inflammatory response with 'anti-inflammatory' pain relief medication.
- You can continue with your daily activities immediately after PDT – you should not need to rest.

After 48 hours a dressing is only required if the area is blistered or weeping. Bathe and moisturise your skin as normal and apply petroleum jelly (Vaseline) to the treated area daily.

Depending on the type and number of lesions you have, you may need a further treatment. This will be explained in your appointment letter.

## **Daylight Photodynamic Therapy (DL-PDT)**

- Once your treatment has been completed, please ensure that the treated area(s) are protected from daylight and artificial light for the remainder of the day.
- Keep the area(s) dry until the following day when you may shower as normal.
- The treated area(s) may appear red, swollen or crusted and this is a normal response. A dressing may be applied if it causes a problem.
- If the area(s) treated is in the 'T' zone of your face – you may experience some swelling around the area(s) or of your eyelids on the treated side. This is not very common but can occur and sleeping propped up with extra pillows can help reduce the swelling. This is caused by a normal soft tissue response to the chemical reaction that has taken place during the treatment.
- You may want to use a moisturiser to minimize the build-up of scale or crusting which may take 7 to 10 days to settle down.
- You may observe a change in the colour of the skin in the treated area(s). This should settle and return to normal over time.
- Very rarely the area that has been treated can become infected. If you are concerned, please contact your hospital nurse. Alternatively, you may also ask your local Practice Nurse/ GP to check the area for you.

## Sun care advice

There is a small risk of developing a new lesion(s) on your skin elsewhere and also a chance of the same lesion(s) returning in the PDT-treated areas (also known as 'recurrence').

### **We advise you to:**

- Check your skin regularly for any changing moles or slow to heal cuts/sores.
- Wear clothes that will protect your skin and a wide-brimmed hat which shades your face, neck and ears.
- Spend time in the shade between 11.00am and 3.00pm, when it's sunny.
- Use sunscreens of at least SPF30 with UVA and UVB protection. Reapply every 2 hours, if possible.

## Potential side effects of treatment

You may experience the following problems in the area of skin that was treated:

- pain
- swelling
- blistering
- weeping (leaking of fluid).

**These symptoms will settle.** If you are concerned or need any advice after your treatment, please contact the Dermatology department.

## How to contact us

Telephone: **01865 228 212** or **01865 222 726**

Email: [dermatology.appointments@ouh.nhs.uk](mailto:dermatology.appointments@ouh.nhs.uk)

(9.00am to 5.00pm, Monday to Friday)

You should be able to speak to a nurse, but if not or if you are calling outside of hours, please leave a message and a contact number on the answerphone. We will return your call as soon as possible.

If the call is urgent, please contact the On-call Dermatologist through the Hospital switchboard.

Telephone: **01865 741 841**



## 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.

Authors: Eilir Evans, Specialist Nurse Practitioner  
Updated by Shane Go, Specialist Nurse Practitioner  
Rubeta Matin, Consultant Dermatologist

July 2024

Review: July 2027

Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



*Making a difference across our hospitals*

[charity@ouh.nhs.uk](mailto:charity@ouh.nhs.uk) | 01865 743 444 | [hospitalcharity.co.uk](http://hospitalcharity.co.uk)

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

