

## Photodynamic Therapy After treatment - Patient Information

**This leaflet provides you with information on what you might experience and how to care for your skin, particularly the treatment site, following treatment with Photodynamic Therapy (PDT).**

**To prevent infection always wash your hands before touching the treatment site.**

### **Immediately after the treatment/24hours**

- The treated area will be covered with a dressing. You are advised to keep the area dry, clean and covered for 24 to 48 hours. If a dressing is not practical, please ensure that the treated area/s are protected by sunscreen (SPF 25+).
- You may experience some temporary swelling and redness around the treated area. This usually settles down over a few days.
- You may have experienced some discomfort during the treatment. This tenderness or stinging of the skin may continue for 24 hours after the treatment and you may wish to take some painkillers that suit you.

### **After 48 hours**

- After this period of time the dressing may be removed and you can wash/bathe or shower as usual, but it is important that you do not rub the treated area, but gently dab it dry.
- The area may weep a little and may scab. This is normal so do not be alarmed. The dressing can be left on longer if required. Healing takes place under the scab, so do not disturb it. The scab will eventually fall off naturally, once the area underneath has healed.
- After the dressing has been removed, use a non-perfumed moisturiser or one that suits your skin.
- You should adopt a regime of appropriate sun protection after treatment and long term. This should include avoiding the sun, wearing protective clothing and using sunscreens (SPF 25+) on all parts of your skin that are exposed. Such as your face, neck, hands etc. to prevent the development of future lesions.

### **General precautions**

- Check your skin regularly and look for any changes. Such as moles changing and unhealed sores. Inform your doctor about any concerns you may have.
- A patient who has previously had a skin lesion of this type, is more at risk of developing new lesions.

Depending on the type of lesion you have you may require two treatments, one week apart. However, some lesions may require only one treatment but this will be discussed with you at your first appointment.

**If you have any questions or concerns following your treatment,  
please contact Phototherapy Services on 01270 273761 (answerphone)**

This information is available in audio, Braille, large print and other languages. To request a copy, please ask the nurse or telephone the number above.

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