

Advice for patients after Photodynamic Therapy

How long will I need to keep the dressing on for?

It is important to keep the dressing on until at least the following evening. This is to protect the site and avoid daylight getting to the treated area. It can then be removed.

What happens if I expose the treated area to sunlight too early?

The cream used in the treatment makes the area treated more susceptible to ultraviolet light which could cause redness and soreness around the area.

Is there likely to be much pain or discomfort after the treatment?

There generally is no pain, but if the treated area is at all uncomfortable, take simple painkillers such as Paracetamol, 500mg x 2 tablets every 4-6 hours. No more than 8 in 24 hours. In some cases the treated area may appear pink, swell or ooze slightly. These are all normal reactions and will usually settle down within a day.

What will happen to the treated area after the dressing is removed?

After the dressing has been removed, the treated area will probably crust over. This is normal and healing will take place underneath the crust. It is important not to disturb or pick the crust; it will fall off naturally when the area underneath has healed. This may take a few weeks.

Can I wash the treated area as normal?

After the first 24 hours, you can wash, bathe or shower as usual. Do not rub the treated area but gently pat it dry. It is best to avoid swimming until the area is healed.

Who can I contact if I am worried?

If you have any worries, please feel free to contact the nursing staff in the Dermatology Department for advice or reassurance.

Telephone 01709 424436

or the Dermatology Specialist Nurse (Skin Cancer)

Telephone 01709 424735

Monday to Friday 8.00am until 8.00pm

Saturdays 9.00am until 5.00pm

Bank holidays 9.00am until 5.00pm

Should you require any information or advice during the time the department is closed please attend the nearest Accident & Emergency Department.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281.

