

## Photodynamic Therapy



*Dermatology*

patient**information**



## Photodynamic Therapy

### What is Photodynamic Therapy?

Photodynamic therapy is a highly successful method of treating superficial skin cancers and pre cancerous conditions, without the need for surgery.

The treatment is a combination of a special cream called methyl 5-aminolevulinate metvix cream to the affected area and the use of a pure red light. Both the cream and the red light are harmless, only when the two are combined will they treat the abnormal area of your skin. The treatment has been shown to have comparable cure rates to skin surgery.

### Will I need more than one treatment?

You will need to attend the department for 1 or 2 treatments at about 7 to 10 days apart.

### What happens when I come for treatment?

#### **In the morning**

- The cream will be applied.
- The lesions will be cleaned and any skin crusts overlying the skin area will be removed to allow the cream to penetrate into the skin.
- The lesion will then be measured and photographed.
- A special photosensitising cream (Metvix) will be applied and covered with a dressing. It is essential that you do not disturb or press on the dressing in case the cream becomes displaced or squeezed from the treatment area. If the lesion is in an exposed area a second dressing will be applied to keep ordinary light out.
- The cream is left in place for 3 hours to allow the cream to soak in as deeply as possible. During this time you are free to return home or stay within the hospital to have lunch as normal. You may prefer to bring a sandwich or snack with you.

#### **In the afternoon**

- Application of the red light.
- The dressing will be removed and any remaining cream cleaned from the area.
- Both you and any staff treating you will be given glasses to wear to protect against the light.
- The lesion will be exposed to a pure red light; this is a weak light and will have no effect on you except to the area being treated. The lesion will be exposed for up to 10 minutes.

## Photodynamic Therapy

### Will I feel any pain or discomfort during treatment?

You might experience a tingling or burning feeling during the treatment, please inform the nurse if this becomes uncomfortable and the treatment can be paused for a short time.

If you experience any pain or discomfort afterwards it can be relieved by a simple analgesia such as paracetamol.

### What are the benefits of this therapy compared to other treatments?

- Healing is usually rapid as there is only slight damage to the healthy cells.
- The cosmetic effect after healing from PDT is usually extremely good.
- Treatment can be repeated safely and does not prevent you from receiving any other treatments in the future.

If you have any worries or concerns before attending for this treatment please contact the Dermatology Department on **Telephone 01709 424436**

## How to contact us

### **Dermatology Reception**

Monday to Friday

9.00am to 4.30pm

Telephone 01709 424451

### **Dermatology Department**

Monday to Friday

8.00am until 8.00pm

Saturdays and Bank Holidays

9.00am until 5.00pm

Telephone 01709 424436

### **Switchboard**

Telephone 01709 820000

## Useful contact numbers

### **NHS 111 Service**

Telephone 111

### **Health Info**

Telephone 01709 427190

### **Stop Smoking Service**

Telephone 01709 422444

### **A&E**

Telephone 01709 424455

### **For GP out of hours, contact your surgery**

## Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

## Support groups

### **Cancer Research UK**

61 Lincoln's Inn Fields,

London WC24 3PX

[www.cancerresearch.org.uk](http://www.cancerresearch.org.uk)

### **Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

## We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

### **The Rotherham NHS Foundation Trust**

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

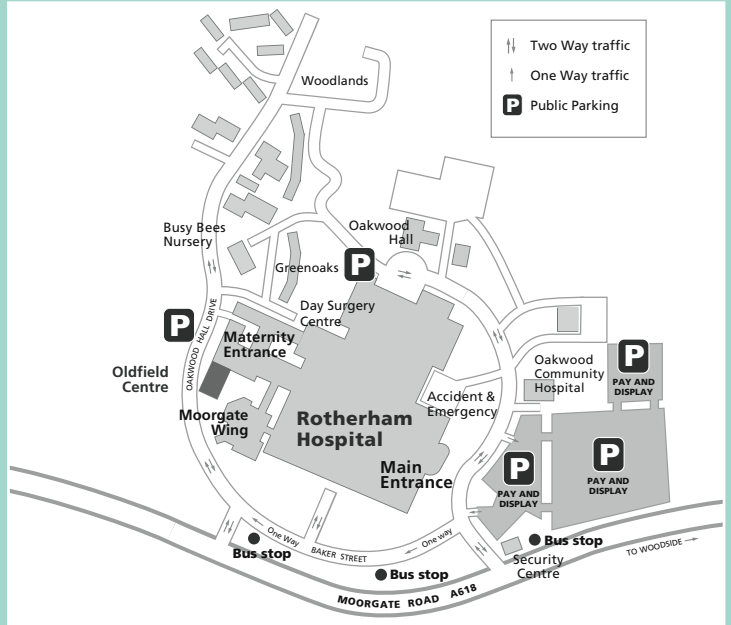
S60 2UD

Telephone 01709 424461

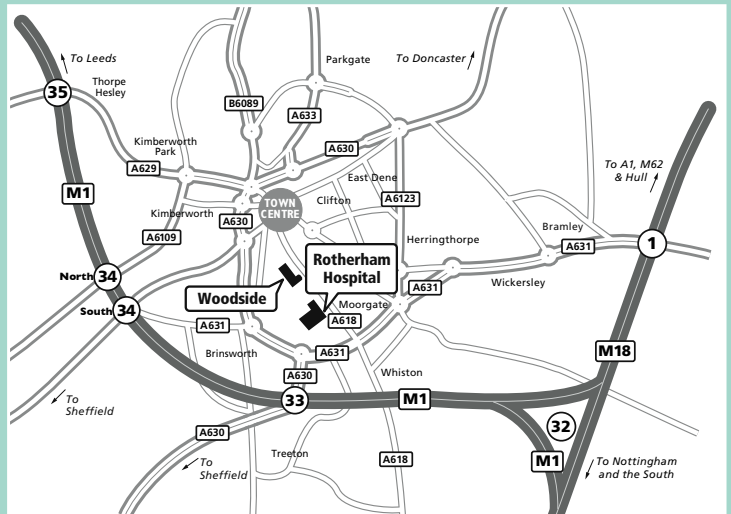
Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

# How to find us

## Hospital site plan



## Rotherham main routes





LS 370 06/14 V3 Jones & Brooks



The Rotherham **NHS**

NHS Foundation Trust

**Rotherham Hospital**

Moorgate Road  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

