

## PHOTODYNAMIC TREATMENT INFORMATION AND AFTERCARE INSTRUCTIONS

### **Pain Management**

- Most people tolerate treatment with only mild discomfort .
- We recommend that you take 2 x paracetamol tablets 1 hour before your illumination appointment (the second appointment, 3 hours after the first).
- If stinging and/or burning is experienced following treatment, continue to take paracetamol every 4-6 hours and apply an ice pack.
- A fan may be used during treatment by your nurse to cool the skin if you start feeling local heat or pain during treatment.
- If the pain you experience during treatment is significant, treatment can be ceased and a local anesthetic used..

### **After care**

- If the treatment site is raw or scaly please apply Vaseline, three times a day until it has settled.
- If it is more comfortable to cover the treatment area, we recommend a **Melolin** dressing affixed with **Micropore tape** (available at all pharmacies).
- Following Metvix® PDT, you may experience a burning or stinging sensation and some degree of pain. These reactions are generally transient and of mild to moderate intensity. Swelling and redness may also occur and a crust may form over the treated lesion. This crust should be left in place.
- There may be some persistent light sensitivity in the treated area for several days following treatment. Please protect from UV light when outdoors for two days after treatment by covering the area or wearing sunscreen.
- Make sure your follow up appointment is booked.

### **Side effects**

#### **Common side effects:**

- There is an element of pain/discomfort during treatment
- A burning and stinging sensation at time of light activation
- Crusting of lesions treated
- Swelling and redness at treatment site that can last up to a week

#### **Uncommon side effects:**

- Ulceration of lesion treated
- Blistering
- Erosion
- Peeling
- Changes in pigmentation in darker skinned people (a darkening or lightening of the skin at area treated)