

Useful Contact Details

Dermatology Nurse Led Helpline (PDT nurse)	01992 823038
Dermatology Secretary	01992 823012

Other Useful Telephone Numbers

Lister Hospital Switchboard	01438 314333
Appointment Contact Centre, Lister Hospital	01438 284444
Patient Advice and Liaison Service (PALS)	01438 285811

Further Information

If you would like further information or to discuss any details of your treatment, please contact the Dermatology Team.

Dermatology Department
Hertford County Hospital
North Road
Hertford
SG14 1LP

Telephone: 01992 823038

www.enherths-tr.nhs.uk

You can request this information in a different format or another language.

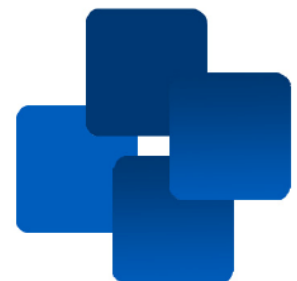
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Patient Information

Daylight Photodynamic Therapy

Skin Care After Treatment

Dermatology Department



Introduction

The purpose of the leaflet is to help you understand and manage your skin care following photodynamic therapy (PDT) with daylight.

After Treatment

- Once your treatment has been completed please ensure the treated area(s) are protected from daylight and artificial light for the remainder of the day. PDT can also make your skin sensitive to light for up to six weeks.
- After treatment, irritation and discomfort may persist and can take a few days to settle down and subside. If this occurs it may help to take your usual painkilling medication.
- The treated area(s) may appear red, swollen, blistered or crusted. This is a normal response.
- If the treated area is in the 'T-Zone', you may experience some swelling in the surrounding area or the eye lids on the treated side. This is not very common but can occur and sleeping propped up with extra pillows can help to reduce this. This is caused by a normal soft tissue response to the chemical reaction that has taken place during your treatment.
- You should try to avoid scratching or knocking the treated area and keep it dry until the following day when you may shower or bathe as normal. Take care to gently pat the treated area dry.
- A moisturiser may be used to minimise the build-up of scale or crusting which can take 7 - 10 days to settle down.

- You may observe a change to the pigment in the treated area(s). This should also settle over time.
- Occasionally the area can become infected. If you are concerned, please contact your PDT nurse. Alternatively, you may be asked to contact your GP or practice nurse.

Reminder

If you have decided to leave the hospital and go home to have your treatment (agreed in only exceptional circumstances), then you **must** remember to telephone your PDT nurse on 01992 823038 to share the details of your treatment with her/him so that these can be added to your hospital records as appropriate. This should be done on the same day as having the treatment.

Concerns

If you get any side effects, talk to your PDT nurse. This includes any possible side effects not listed in the package leaflet.