

## Patient information factsheet

# Photodynamic therapy (PDT) aftercare

**We hope this factsheet will help you to take care of your skin after you have your PDT treatment.**

### After PDT treatment

- Keep the treated area dry, clean and covered for 24 to 48 hours after treatment. If a dressing isn't practical please ensure that the treated area(s) is protected by sunblock (SPF 30 or above with four or five star UVA rating) or covered with clothes, a hat or gloves.
- After 24 hours the dressing may be removed and you can wash, bathe or shower as usual. Do not rub the treated area, but gently dab it dry.
- Apply Vaseline to the treatment area twice daily (except on the morning of any further PDT treatments).
- Don't be alarmed if the area weeps a little and a crust forms, as this is normal. Dressings can be left on longer if required. Healing takes place under the crust, within 8 to 10 days without significant scarring so do not disturb it. The crust will eventually fall off naturally once the area underneath has healed.
- Always wash your hands before touching the treatment site, to prevent infection.
- If you wish to use a moisturiser after the dressing has been removed, opt for a non-perfumed, bland product that suits your skin.
- Get into good habits of appropriate sun protection after treatment and for the future. This should include protecting your skin from the sun by wearing protective clothing and using sunblock (SPF 30 or above with four or five star UVA rating) on all parts of your skin that are exposed, such as your face, neck and hands to prevent further skin damage.

### Further PDT treatment

You may need to have a second treatment one week after your first PDT appointment, depending on the condition that is being treated. Please do not apply Vaseline on the morning of this second appointment.

In most cases your specialist doctor will review your progress after three months, and give you advice about any further treatment you may need.

### Looking after your skin

Check your skin regularly for any changes (such as moles changing and unhealed sores), both in the treated area and elsewhere. Once you have had one skin lesion of this type you will be more at risk of developing new lesions. Tell your doctor about any concerns you may have.

### Useful links

[www.nhs.uk/Conditions/photodynamic-therapy-NGPDT-sonodynamic-therapy/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/photodynamic-therapy-NGPDT-sonodynamic-therapy/Pages/Introduction.aspx)

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Seeking and acting on patient feedback is key to improving the quality of our services. The Friends and Family Test gives you the opportunity to give your view on the care or treatment you've received. You can complete the survey online by visiting <http://www.uhs.nhs.uk/PatientsAndVisitors/Patientexperienceandsatisfaction/Friends-and-Family-Test.aspx> and entering the password **rhmo** when prompted.

## Contact us

You can contact our PDT nurses on telephone: **023 8054 0204**, 8am to 5pm Monday to Friday (Thursday 8am to 2pm only).

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**If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.**