

## Patient information factsheet

# Daylight photodynamic therapy (PDT)

We have given you this factsheet because your dermatology doctor has referred you for daylight photodynamic therapy (PDT) for your skin condition. It explains what daylight PDT is and what it involves, so you know what to expect at your appointment. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### Daylight PDT

Daylight PDT is a treatment that involves applying a light-sensitive gel to damaged skin and then using natural daylight to destroy the abnormal skin cells.

Daylight PDT is done in three stages:

#### Preparing the skin

We will ask you to come to our dermatology department for a 30 minute appointment. During this appointment, we will prepare the area of your skin that will be treated, using a light-sensitive gel.

#### Sitting in daylight

After this appointment, you will need to go home straightaway and sit outside. We will advise you on the best place to sit, depending on the weather conditions on that day. For example, if it is a sunny day, we will ask you to sit in the shade. You will need to stay outside continually for two hours if you are sitting in light shade or two and a half hours if you are sitting under glass (such as in a conservatory or greenhouse). **Make sure you time yourself accurately.**

#### After sitting in daylight

Immediately after exposing your skin to the sun, wash the gel off thoroughly and stay indoors or cover the treated area with clothing for the rest of the day. Keep the treated area covered for 24 to 48 hours. Make sure that you shower, bathe or wash daily and apply Vaseline twice a day.

The treated area will appear red and inflamed. This is normal and will settle with time.

#### 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. If this is the case, please do not apply Vaseline on the morning of your second appointment.

Name of the nurse treating you: \_\_\_\_\_

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## Contact us

If you have any questions or concerns, please contact us.

PDT nurses

Telephone: **023 8054 0204** (Monday, Tuesday, Wednesday and Friday, 8am to 5pm,  
and Thursday, 8am to 2pm)

Dermatology

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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. For more information about the Friends and Family Test, please visit:

**[www.uhs.nhs.uk/for-patients/patient-experience-and-satisfaction/friends-and-family-test](http://www.uhs.nhs.uk/for-patients/patient-experience-and-satisfaction/friends-and-family-test)**

## Useful links

[www.nhs.uk/conditions/photodynamic-therapy](http://www.nhs.uk/conditions/photodynamic-therapy)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**