



SKIN INSTITUTE

Photodynamic Therapy Information Sheet

Treatment for Sun Damaged Skin, Pre-cancerous Lesions, Skin Cancer and Acne

Photodynamic Therapy (PDT) involves the application of a photosensitising agent (cream or lotion) for approximately 1-3 hours, followed by exposure to a light source, which then activates the photosensitising agent and destroys the biological targets (sun damage/pre-cancerous lesions, skin cancer, acne). The photosensitising agent is selectively absorbed into the abnormal skin cells only. When this is activated by the light, it causes a chemical reaction altering the DNA in the abnormal cells and destroying them.

PDT reduces the need for surgical excisions of lesions. It improves skin complexion, and cure of pre-cancerous and cancerous lesions. Usually 2 - 3 treatments are needed to achieve adequate results. Patients are required to have regular visits to a skin doctor after treatment, so any residual sun damage can be treated. In some cases further treatment with Liquid Nitrogen or anti-cancer creams is required, after PDT.

Your Doctor will determine if this is the most appropriate treatment for your condition.

You will need to have a 30 minute consultation with the Nurse / Therapist before going ahead with the PDT treatment. The Nurse / Therapist will discuss the treatment, procedure, consent, aftercare instructions, and take photographs. A biopsy may be required for insurance coverage. Your treatment will not take place on the same day as your consultation.

Possible Side Effects

- Mild to moderate stinging, and/or a burning sensation at the time of treatment.
- Mild to severe swelling and redness. The sensation is similar to that of bad sunburn. The first 24 - 48 hours are the worst.
- Mild to moderate flaking/peeling of the skin. This usually subsides in 5 - 7 days.
- Formation of pustules.
- Reactions vary between individuals; however expect 1 - 2 weeks of healing time.

Revised: January 2016