

CONSENT FOR PHOTODYNAMIC THERAPY

Photodynamic therapy (PDT) involves the use of a photosensitizing agent (aminolevulinic acid) that is applied to sun-damaged or pre-cancerous areas of the skin and is allowed to penetrate for up to 1 hour or longer. The treated area is then exposed to visible (blue) wavelengths of light. The reaction of the photosensitized skin leads to a sunburn-like reaction that selectively destroys the most damaged areas of the skin. The redness and peeling take about 5-7 days to resolve and the usual end result is mild to moderate "rejuvenation" of the skin with resolution of most of the precancerous growths for months to a year or longer. This process differs slightly from the FDA approved spot treatment of pre-cancerous actinic keratosis. In this protocol, the sensitizer is applied for several hours, but we have found that shorter incubation is just as effective. The cosmetic indication or broad area use of PDT or any other indication including treatment of skin cancer is considered an "off-label use" of this technique.

You should not receive this medicine if you have porphyria, lupus, or other disorder of sun sensitivity. If you are pregnant or breastfeeding or if you take hydrochlorothiazide, sulfa products, tetracycline or other photosensitizing drugs, advise your physician before agreeing to this treatment as there may be a contraindication. If you have a history of cold sores, ask your doctor if a prophylactic medication may be appropriate before or after your treatment.

PROCEDURE DESCRIPTION

- A clinician will prepare your skin with a gentle acetone scrub to optimize penetration of the photosensitizing agent which is a colorless solution.
- After the incubation time has elapsed, you will be treated with blue light for approximately 17 minutes during which time you will wear eye protection.
- You may feel stinging, tingling, prickling or burning of the lesions during treatment. A handheld fan is available to reduce discomfort.
- After treatment, you should keep the treated area out of the sun or bright light as much as possible for 48 hours. Wear sunglasses, protective clothing, and SPF 30 or greater broad spectrum sun screen when going outside. If the treated area is exposed to sufficiently bright light while the medication is still present in your skin, even through window glass, you may feel stinging and burning. Covering the area will stop this photosensitivity reaction.

SIDE EFFECTS

- Facial skin will turn red and may swell. Other areas may show far less reaction. Peak reaction is at 24 hours and then usually subsides over 3-7 days. Some crusting or peeling may be noted. There should be some discomfort, but no significant pain. After one week, there might be some residual redness that will subside after a few days and can be covered with makeup.

RISKS

- Although very rare, delayed healing, bacterial, viral or fungal infection, skin color change and scarring are possible.



Patient or Responsible Guardian Signature

Date

POST PHOTODYNAMIC THERAPY INSTRUCTIONS

Moderate to marked facial redness is expected beginning the day after treatment and usually gradually subsides over 5-7 days. Some swelling, especially around the eyes may also occur, as well as areas of crusting. Non-facial skin usually responds far less dramatically. Post photodynamic therapy care is required only to make the skin more comfortable. If there is no discomfort, simply follow your customary skin care regimen.

1. Apply cold water or ice compresses to treated areas for the first 24-48 hours if there is swelling and discomfort. Ice should not come in direct contact with the skin. Alternatively, you may apply gauze or soft cloth compresses soaked in a solution of ½ teaspoon clear white vinegar to a pint of water. Repeat 2-3 times a day.
2. Wash normally using a mild soap or cleanser such as Cetaphil. Pat face dry. Do not rub.
3. Discomfort is usually controlled with Tylenol. Refrain from aspirin consumption for at least 3 days post procedure. Call our office if there are multiple sores, pain, blisters or sever itching.
4. Alcohol consumption is discouraged for 72 hours as this will dilate vessels and delay healing.
5. Superficial skin peeling will begin after 2-5 days. Do not manually peel the skin as this could induce scarring and hyperpigmentation (browning).
6. Sun protection is important. A broad spectrum SPF 30 product should be used.
7. It is recommended that you come for a follow up visit after 1-2 months, unless your doctor suggests another follow up plan.

Call 918-760-0700 if you have any concerns or questions for the provider or nurse. If there is an urgent problem or question after the hours of operation, please contact the dermatology provider on call through our phone system.