



What is photodynamic therapy (PDT)?

PDT is a procedure for treating actinic keratoses, which are precancerous lesions that occur mostly in sun-exposed areas of the skin. A medicated solution or gel that makes you more sensitive to light will be applied to the affected area. Your dermatologist will inform you how long the medication needs to stay on your skin prior to light exposure.

What to expect during the treatment?

There may be a painful or stinging sensation during the treatment. The degree of discomfort can vary among individuals. You will wear protective goggles during the treatment to protect your eyes from the bright light.

What to expect after the treatment?

On the day of treatment, there may be mild to moderate redness on the treated area. One day later, you may develop more intense redness. This will remain for three to four days, along with a "stretchy" feeling and some mild peeling, similar to a healing sunburn reaction. Very rarely, one might get some tiny blisters on the treated area. You may be prescribed a soothing ointment that can be helpful during those first few days. All of these changes are expected to settle down in a week to ten days.

Can I shave before the treatment?

Facial hair can interfere with PDT, but please do not shave on the morning of your treatment. We do not recommend shaving the treated areas for several days afterwards.

Should I stop any medications prior to the treatment?

Retinoid-containing creams or gels and tetracycline antibiotics (such as doxycycline or minocycline) should be stopped one to two weeks before the treatment because they can make your skin more sensitive to the light. Your dermatologist will review your medication list and determine whether you are on any other phototoxic medications that should be held temporarily.

Can PDT cause a flare of cold sores?

Occasionally, there might be a flare-up of herpes simplex infection after PDT. If you have a history of herpes simplex "cold sores," let us know, and we can prescribe an oral antiviral medication for you to prevent this.

Phone

226-909-3590

Address

1415 1st Ave West, Suite #3004
Owen Sound, On N4K 4K8

Email

info@profilemc.ca

What precautions do I have to take after the treatment?

The most important precaution is that you must stay out of direct sunlight and strong commercial lighting for 48 hours after the treatment.

- Remain indoors during daylight hours and to avoid bright indoor light for 48 hours after treatment. While indoors, stay away from large windows in order to avoid ambient light.
- The area should be gently washed twice daily with a gentle facial cleanser. After cleansing, a bland emollient, such as a Vaseline can be applied to keep the area moist and free of crust.
- If the skin is irritated or pruritic, a topical corticosteroid ointment can be used once or twice daily for a few days. Please call the clinic to obtain a prescription.
- Cool compresses can be applied for comfort as needed.
- By day 4 after treatment, tenderness of the skin should be improved, and twice-daily gentle exfoliation with a soft washcloth and warm water can be initiated. Follow with Vaseline.. Do not pick at any crusts that have formed.
- Shaving of the treated areas should be avoided for several days after treatment.
- If must go outdoors, a thick, opaque coat of physical sunscreen (zinc or titanium dioxide), a wide-brimmed hat, and opaque clothing are recommended.

When to follow-up?

We recommend scheduling a clinic appointment with us at approximately three months after the treatment to assess how well your actinic keratoses have responded.

Is PDT safe?

PDT is generally very safe. It is one of the most popular noninvasive treatments for precancerous lesions.

Should I bring anything to my visit?

You should bring a broad-brim hat to protect your face and scalp from the sun or sun-protective clothing if we are treating other parts of your body. We recommend a scarf to cover your face on the drive home (and hence please bring a driver with you). We recommend always wear sunscreen daily after your 48 hours of staying inside and away from windows.

In Case of Emergency (only): 519-270-0833