

Dermatology Department  
**Advice after  
Photodynamic  
Therapy (PDT)**  
Information for patients



## After treatment advice

### **In the first 48 hours after your treatment:**

- Keep the dressing clean and dry.
- Protect the treated skin from sun exposure, by leaving the dressing in place.
- Take paracetamol or co-codamol if you experience pain or discomfort after your treatment.
- Avoid ibuprofen. The treatment causes localised inflammation, such as discomfort and swelling. We don't want to suppress this inflammatory response with 'anti-inflammatory' pain relief medication.
- You can continue with your daily activities immediately after PDT – you should not need to rest.

After 48 hours a dressing is only required if the area is blistered or weeping. Bathe and moisturise your skin as normal and apply petroleum jelly (Vaseline) to the treated area daily.

Depending on the type and number of lesions you have, you may need a further treatment. This will be explained in your appointment letter.

## Sun care advice

There is a small risk of developing a new lesion(s) and also a chance of the same lesion(s) returning in the treated areas (also known as 'recurrence').

### **We advise you to:**

- Check your skin regularly for any changing moles or slow to heal sores.
- Wear clothes that will protect your skin and a wide-brimmed hat which shades your face, neck and ears.
- Spend time in the shade between 11.00am and 3.00pm, when it's sunny.
- Use sunscreens of at least SPF30 with UVA and UVB protection. Reapply every 2 hours, if possible.

## Potential side effects of treatment

You may experience the following problems in the area of skin that was treated:

- pain
- swelling
- blistering
- weeping (leaking of fluid).

**These symptoms will settle.** If you are concerned or need any advice after your treatment, please contact the Dermatology department:

## How to contact us

Tel: **01865 228 241** or **01865 228 212**  
(9.00am to 5.00pm, Monday to Friday)

You should be able to speak to a nurse, but if not or if you are calling outside of hours, please leave a message and a contact number on the answerphone. We will return your call as soon as possible.

If the call is urgent, please contact the On-call Dermatologist through the Hospital switchboard.

Tel: **0300 304 7777**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

Dermatology Outpatients

Author: Eilir Evans, Specialist Nurse Practitioner

Updated by Thomas Aries, Specialist Nurse Practitioner

December 2018

Review: December 2021

Oxford University Hospitals NHS Foundation Trust

[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

