Contact details
Phototherapy Unit
01823 342441
Monday to Friday 9am - 5pm

Daylight Photodynamic Therapy (PDT)

Phototherapy
**Daylight Photodynamic Therapy (PDT)**

You have been seen by the consultant dermatologist and Daylight PDT has been recommended as the prescribed treatment for your condition.

**What is PDT?**

PDT stands for Photodynamic Therapy. Daylight PDT involves applying Metvix® cream to the area for treatment and exposing this area to the sun. This treatment selectively destroys diseased cells while preserving healthy tissue. Daylight PDT is a simple, non-surgical procedure, with no requirement for anaesthesia.

Daylight PDT is a standardised and recognised treatment for the treatment of actinic keratosis (AK) to the face and head, requiring only one treatment to each area.

**How is PDT used?**

Daylight PDT preparation and cream application takes place in clinic by trained nurses in the Phototherapy unit. Daylight exposure can take place in the hospital grounds or at home but exposure has to take place within 30 minutes of application of the cream.

The treatment would not be able to take place if rain is forecasted and your date would need to be rescheduled.

The nurse will contact you the day before treatment so the forecast can be discussed and a decision to go ahead will be made.

**What happens at my appointment?**

On the day of your appointment you will come to the Phototherapy unit in the Duchess building at Musgrove Park Hospital.

The appointment will involve:

- Completion of relevant documentation
- Cleaning of skin requiring treatment
- Application of sunscreen to all skin that will be exposed to the sun, including treatment area
- Any dry skin removed
- A thin application of Metvix® cream applied to treatment area and left uncovered
- Two hours of sun exposure

Sun exposure needs to take place within 30 minutes of application of cream and you need to be able to sit comfortably for two hours in total in daylight. If it is very hot, you can sit in the shade.

After two hours of sun exposure, the Metvix® cream needs to be washed off and the area needs to be covered or sunscreen reapplied. This should either take place in clinic (if you stayed at the hospital) or by yourself at home.

If you went home for treatment then we will need to make contact the next day to make sure all went as planned and so we can update your records (contact details overleaf).

**Allergies**

If you are allergic to arachis oil (peanut oil) or soya please inform staff as PDT would not be the appropriate treatment for you.

If you have experienced irritant reactions to a certain dressing please inform staff to use an alternative dressing.

**Is Daylight PDT suitable for me?**

If you have a diagnosis of porphyria, if you are pregnant or breast feeding PDT would not be a suitable treatment for you.

**What should I do before appointment?**

If you can apply a thick moisturiser, for example, Vaseline twice a day to any scaly area that requires treatment for one week before your first treatment day, that would be beneficial. This will soften this area and allow better absorption of the Metvix® cream. However, this shouldn't be applied on the day of treatment.

**After 24 hours**

Please refer to the leaflet Daylight Photodynamic Therapy Aftercare.