

*Coorparoo Skin Cancer Clinic
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Daylight activation Instructions for PDT Treatment.

The Activation Process.

- Activation of the ALA is simply by natural light and will take 2 hours (3 hours if raining).
- As soon as you get home, you must sit on your verandah or outside the house in a position that gets bright light but not direct sun.
- Apply a chemical sunscreen (without titanium or zinc) during the summer months.

The Reaction.

- The degree of reaction depends on the amount of sun damage present.
- Expect your face to become inflamed within 3-6 hours.
- During the first 4 days your face will look very inflamed, swollen and can be painful to touch, as if you were very sun burnt. The skin will start peeling from about day 3-4 through until day 7. It is very common to have some burning or stinging sensation, some crusting, swelling, and redness.

Post Procedure Instructions.

- Afterwards, shower and wash any residual ALA off your skin.
- Application of a moisturiser is encouraged from day 1.
- You have also been given a script for a cortisone cream (**Betnovate Cream**), to help settle pain and inflammation. This is optional and can be started after 48 hours.
- We recommend **nurofen plus** for pain relief.
- You have been given a script for a stronger pain killer **Panadeine Forte**. This can be used if Nurofen plus is not working.
- Sun exposure must be avoided for 7 days. After this, care should still be taken when going outdoors by wearing a wide brim hat and wearing sunscreen.
- The treated areas should have settled completely by 2 weeks.

Contact Details.

- If you have any concerns with your reaction, please contact the surgery on **33240466**.