

Daylight Photodynamic Therapy (PDT) - Patient Instructions

What is daylight PDT (dPDT)?

Daylight PDT is a treatment for actinic keratoses (sun-damaged, precancerous skin lesions). It uses a light-sensitizing cream (Metvix, methyl aminolevulinate) activated by natural daylight. The treatment is effective, convenient, and causes minimal discomfort. Since the active compound is metabolized from the moment of application, it's important to follow the timing closely.

BEFORE TREATMENT (7 days prior)

If you have a history of cold sores, please inform your dermatologist, as you may need preventive medication.

Your doctor may recommend a pre-treatment cream (e.g., tretinoin, 5-fluorouracil) to enhance results. This is not always necessary. Follow your doctor's instructions.

When you receive your prescription, drop it off at the Shoppers Drug Mart on the main floor. Shopper asks that you call (403-256-3700) 1 week before your appointment to have the Metvix filled. As Metvix needs to stay refrigerated pick up prescription the day of your appointment.

DAY OF TREATMENT

1. If it's raining, contact the clinic to reschedule.
2. Wash the area with a gentle cleanser; do not use any makeup.
3. A chemical sunscreen will be applied at the clinic.
4. Gentle scraping and further cleansing may be performed at the clinic to improve absorption.
5. Metvix cream is applied and massaged into the skin.
6. Within 30 minutes, you will go outdoors and stay in daylight for 2 hours. Cloudy days are fine. Sitting under open shade is acceptable if daylight is ambient.
7. After exposure, cleanse and moisturize. Avoid direct light for 48 hours.

POST-TREATMENT

First 48 Hours:

- Stay indoors, avoid bright light.
- Use cool compresses for swelling or discomfort.
- Apply barrier moisturizer like glaxal base, cetaphil or petroleum jelly (especially cold – keep in the fridge.)
- Elevate head during sleep.
- Tylenol or Advil may help.

Days 3-7:

- Treated skin may be red, dry, or flaky - this is normal.
- Gently cleanse and moisturize.
- Use SPF 50+ and protective clothing outdoors.

Follow-up:

Call or text us with photos if you have questions 403-278-1997. A second session may be recommended.

Seek medical attention, if you experience:

- Fever over 39°C
- Spreading redness or swelling
- Foul-smelling discharge