

## Daylight Photodynamic therapy (DPDT)

### What is Daylight PDT?

Daylight PDT (DPDT) is a treatment used for pre-cancerous skin lesions, known as Actinic Keratoses (AK), which are caused by sun damage. DPDT involves applying a light-sensitive gel to the damaged skin followed by exposure to daylight. The daylight activates the gel resulting in a chemical reaction which selectively destroys only the abnormal cells. DPDT is only administered between March and October. If it is cold, heavily overcast or raining on the day of treatment, your treatment will need to be rescheduled.

### What does it involve?

DPDT is an outpatient treatment carried out by a clinical nurse specialist.

On the day of treatment, please wear clothes to cover any exposed areas of the skin and please bring a hat or scarf to clinic to wear on your way home.

We may ask to take a baseline photograph at the start of treatment to establish effectiveness

The skin will be prepared, and the light-sensitive gel will be applied. We will then ask you to stay outside in natural daylight continually for two hours. If you live near the hospital, you can return home and illuminate in your garden. If you live more than 30 minutes away from the hospital you will be asked to illuminate nearby and return to the hospital after two hours. **Please make sure you time yourself accurately and that you do not sit under glass or awnings**

After the two hours illumination period, the gel should be washed off thoroughly with water.

**You will need to stay indoors or keep the treated area covered for the next 48 hours. Please wash the treated area with water only and apply a thin layer of Vaseline daily from a new pot and with clean fingers. If your skin is inflamed following treatment, please continue with this as a daily skin care regimen until your skin is no longer inflamed.**



## Side effects of treatment

### Immediate:

Pain - you may have a mild tingling sensation

Within the first 2–3 days the skin will become red and tight and may crust. This is an expected reaction. If a scab forms, take care not to dislodge the scab

**The skin may remain red for up to 7-10 days after the treatment, depending on the severity of the sun damage. Please avoid prolonged sun exposure during this time and ensure that you wear a broad-spectrum sunscreen with SPF50**

If the area becomes more red, swollen, painful or begins to ooze after the first 2-3 days, this may indicate an infection. Please contact The Royal Marsden Hotline or your Keyworker if this occurs.

### Further treatments

Depending on the severity of the sun damage, further treatments may be required. We will advise you if this is the case.

### Contact details

For non-urgent clinical queries please contact the Dermatology Nurse Specialist via MyMarsden. Alternatively, please contact the Dermatology Nurses voicemail on 0208 915 6091

### For urgent clinical advice, please call:

**The Royal Marsden Hotline:** 020 8915 6899

(available 24 hours a day, 7 days a week)

