



Metvix®/ALA Daylight Photodynamic Therapy (dPDT): Patient Information

Daylight photodynamic therapy (dPDT) is a treatment used for thin mildly scaly sun spots (solar keratoses) on the face and scalp where there are large areas of sun damage (field treatment). It is less effective for very thick sun spots.

dPDT involves application of Metvix/ALA cream to the affected area. The cream is activated by visible light from the sun producing a chemical reaction that destroys sun damaged cells.

If your sunspots are thick, you may be asked to apply a mild acid cream to the affected areas for a week before the treatment to reduce the scaliness

On the day of your Metvix/ALA Daylight PDT

- Wear a non see-through long sleeved shirt and long trousers to cover all non treatment areas
- Do not apply any makeup, moisturizer, sunscreen or other creams to the area to be treated on the face and or scalp
- Apply 30+ sun screen to all other exposed areas including the lips

Stage 1 Nurse/Doctor	<ul style="list-style-type: none">▪ The area to be treated will be cleaned and sun spots may be gently scraped▪ A broad-spectrum sunscreen is applied by the nurse to block ultraviolet light▪ Metvix/ALA cream is applied to the area
Stage 2 Patient	<ul style="list-style-type: none">▪ Immediately (do not delay for anymore than 30 minutes) go outdoors into full daylight for 2 hours▪ Avoid strenuous activity or water exposure▪ If uncomfortable in full sun, shelter occasionally in slight shade▪ If it starts to rain move undercover outdoors but still in diffuse light▪▪ After 2 hours, no matter what, wash off the Metvix/ALA cream▪ Apply 30+ sunscreen to the area▪ Wear a wide brimmed hat and cover up▪ Ideally stay indoors for the rest of the day

What are the effects?

A mild stinging or painful sensation may occur. A sunburn-like reaction will develop in the treated areas peaking at 2-3 days. This will settle over 7 days but redness can persist for 3 months. Apply moisturizer regularly for comfort

Side effects may include a more intense burning/stinging sensation, swelling and blisters and infection. Loss of pigmentation and scarring in the treated area is very rare.