

The Skin Doctor
Shop 1, 1065 Heidelberg Road
Ivanhoe 3079
Telephone: 0383734646 Fax: 0383734644
Email: ivanhoe@thelocaldoctor.com.au

PATIENT CONSENT FOR DAYLIGHT PHOTODYNAMIC THERAPY WITH METVIX

The purpose of PDT is to create a reaction that destroys only abnormal cells, while leaving normal cells alone. The Metvix/ ALA medication acts as a photosensitizer. The medication is absorbed by abnormal cells and is converted into a chemical that makes these cells extremely sensitive to light. PDT utilizes visible light to create a reaction which destroys the abnormal cells. Studies have shown a reduction of actinic keratosis of about 80% after Photodynamic Therapy treatment.

Fractional laser may also be applicable to your treatment depending on severity of the lesion.

This is a minimally invasive procedure that utilises a precise, fractionated light beam to create microscopic controlled wounds to the skin. The laser works by targeting areas of concern whilst leaving surrounding tissue unaffected. The laser creates a more precise pathway into the skin for increased efficacy.

I understand that there is no treatment with a 100% success rate and the treated lesions may not resolve or may recur. Another treatment session may be required for maximum results.

I understand other options exist for the treatment of actinic keratosis (not limited to cryotherapy, efudix or just observation) and my doctor has discussed the pros and cons of these treatments to me.

I understand that this treatment is recommended to target mild and subclinical actinic keratosis. Elevated, thick lesions respond less to this therapy and may need additional treatment.

I acknowledge that I will need to protect other exposed skin areas with the use of sunscreen or physical barriers such as long sleeved clothing, pants as needed.

I understand the total cost of treatment being from \$499 to \$649 for large areas plus consultation fee

Photodynamic therapy is associated with possible risks and complications. Pain, redness, swelling, blisters, crusting, pigmentation, bruising, worsening of acne, and activation of herpes simplex virus (cold sores) may occur.

Do not undergo treatment with PDT if you:

- Have photosensitivity (extreme reaction of skin to sunlight)
- Have porphyria or sensitivity to porphyrins
- Have sensitivity to ingredients in Metvix/ALA(including PEANUT or ALMOND OIL)
- Are pregnant or breastfeeding

I authorize and consent to the taking of photographs before, during, and after PDT, and at follow-up visits.

I understand that photographs are primarily for medical documentation of my treatment. They may also be used for medical education and publication in medical journals. I understand that no identifiable photograph of me will be published without my permission.

I understand that my follow up appointment will be subject to standard consult fees

I confirm that I have received, read and understand The Local Doctor - PDT Protocol

certify that I have fully read and understood the contents of these documents.

<PtFullName>

SIGNATURE

<TodaysDate>

<DrName>

SIGNATURE

<TodaysDate>

Post Treatment Instruction:

Home care instructions following Photodynamic Therapy with Metvix/ALA:

Remain indoors and avoid direct daylight for the next 2 days, and limit unnecessary sun exposure for at least a couple of weeks or until skin sensitivity settles

Avoid activities that may increase body temperature such as exercise, walking or other strenuous activity

Apply a physical barrier sunscreen to all treated areas every 2 hours 72 hours post treatment (if any chance of being outside)

You may also use a physical block like a wide brimmed hat if treating the scalp.

If you find that the areas are warm, you may apply cold compress on and off until comfortable.

You may take acetaminophen or ibuprofen (or stronger pain relief) if required as needed.

Skin may feel tight and dry- use a daily cleanser to keep skin clean and aid in the sloughing of the dead skin process. Once you have cleaned the treated area, pat the skin dry and moisturize with bepanthen antiseptic balm. The treated area may be red for 7-10 days after the treatment.

Do not pick off the crusts.

You may shower.

Men should avoid shaving over treated areas until dryness/crusting has resolved (approximately 1 week)

What to expect after treatment:

Your skin will feel fragile and sensitised for 7-10 days.

This may look like redness, flushing and/or flakiness. Swelling and blistering may also occur in some instances.

The first few days following treatment being the worst of the downtime, redness and sensitivity can last for a few weeks. Weeping from exudate may be present - In the event of weeping, take extra care to keep the area clean and occlude the lesion with antiseptic balm.

Once treatment downtime has subsided, the skin may still remain dry accompanied with some flakiness.

Refrain from picking, rubbing and scratching to avoid complications and infection.

Moisturise as often as desired with a recommended and trusted product.

It may be advisable to take a week off work.

What to expect:

● Recovery:

For full field treatment of sun damage spots, recovery takes approximately 7 days with redness lasting up to a few weeks.

● Swelling (common):

Usually lasts several days.

● Pustules (common):

Tiny white pustules are common, and are not an indication of infection. These disappear over several days.

● Blistering and ulceration:

Uncommon, treat with an occlusive balm.

Medium to longer-term side effects may include:

● Hyperpigmentation (common):

The skin in the treated site may be darker than the surrounding skin (like an area of darker tan) for several months.

Some people also experience persistent redness or pinkness of the skin. To minimise your risk of these conditions you should always be trying to minimise any unnecessary sun exposure, particularly in the first few months after treatment.

It usually settles spontaneously, and may be improved faster with pigmentation blocking creams and laser treatments.

- Hypopigmentation (uncommon): The treated area may be paler than the surrounding skin.
- Scarring (rare): True scarring is rare. There may however be a tiny scar from any biopsy done to diagnose the lesion.

What are the alternatives?

Laser resurfacing with PDT provides the best cosmetic result as it markedly reduces sun damage to both DNA & addresses wrinkles & pigmentation.

Other therapies include:

- Cryotherapy with liquid nitrogen
- Efudix
- Aldara
- No treatment