

NorCal Dermatology & Cosmetic
1111 Sonoma Ave. Suite 202
Santa Rosa, CA 95405
(707)527-9517

Photodynamic Therapy

The doctor would like for you to schedule an appointment for the treatment of your AK's. Please find enclosed information about this therapy.

- Plan to be in our office for 1 1/2 hours for therapy. You may want to bring reading material with you to help pass the time.
- You will need to stay out of the sun for 48 hours, so please schedule accordingly.
- You will need to bring a hat and sunscreen with Zinc Oxide.
- You may experience some stinging or burning, crusting of the skin and sensitivity to sunlight for a short period.

This procedure is done in a series: Following the first treatment, a follow up visit will be set to check on your progress, as well as the second treatment appointment. These appointments will be scheduled 8 weeks apart. This will ensure the best results for your Actinic Keratoses.

Your Appointments are:

Initial Treatment _____

Follow up Visit (4 wks) _____

Second Treatment(8wks) _____

Additional Information is available at www.dusapharma.com

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Photodynamic Therapy Consent Form

Levulan (aminolevulinic acid 20%) is a naturally photosensitizing compound approved by the FDA to treat pre-cancerous skin lesions called actinic keratosis. Levulan is applied to the skin and activated by specific wavelengths of light.

Levulan is applied to the skin for approximately one hour and then treated with a specific wavelength of light that activates it. Following the treatment, the Levulan will be washed off your skin and sun exposure should be avoided for 48 hours due to photosensitivity.

Photodynamic therapy is considered a very safe treatment, but anticipated side effects of Levulan treatment include: discomfort, burning, swelling, redness and skin peeling, especially in sun-damaged areas of the skin. The peeling generally lasts approximately a week, but peeling and redness can last longer if there is an exuberant response to the treatment.

I understand the herpes simplex (fever blisters) can be activated with the treatment and I will inform the doctor if I have had these in the past so a medication can be prescribed to prevent an outbreak.

Some medications such as diuretics, sulfa medications and doxycycline increase photosensitivity and I will inform the doctor about any medications I am taking that may have an increased potential for sensitivity to light.

I consent to photographs before each treatment to assess response.

I understand that several treatments may be necessary, spaced 4-8 weeks apart. In general, two sessions are scheduled initially.

I understand that medicine is not an exact science and that there is no guarantee of results. I am aware that there are alternatives to treatment including topical medications, cryosurgery (liquid nitrogen), and surgery and doing nothing.

I have read the above material and understand it. My questions have been answered to my satisfaction.

I accept the risks and complications of the procedure and consent to having one or more Levulan treatment.

Printed name: _____ Patient signature: _____

Witness: _____ Date: _____

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Photodynamic Therapy
After Treatment Instructions

After Treatment:

- Please stay out of the sun for the first 48 hours
- Wash the treated areas very well with a gentle cleanser & apply moisturizer & sunscreen
Apply moisturizer everyday
- Apply sunscreen everyday
- We recommend refrigerate your sunscreen and moisturizer
- Use ice packs as needed

What to Expect:

- Sensitivity to indoor lighting
- Sunburn effect
- Redness
- Hot to the touch skin
- Pain/soreness
- Peeling

Photodynamic Therapy

Photodynamic therapy is a special treatment using a photo-sensitizing agent called Levulan, which is activated with the correct wavelength of light. This treatment removes sun damaged precancerous zones and spots called Actinic Keratosis. There is also a positive effect on sun damage skin, fine lines, and blotchy pigmentation. It also has the ability to minimize pores and reduce oil gland production. Levulan is a great way to effectively treat stubborn Acne Vulgaris, Rosacea and also can improve the appearance of some acne scars.

To achieve maximum benefits, a series of three treatments, 3-4 weeks apart is the most effective. More treatments can be done at periodic intervals in the future to maintain the rejuvenated appearance of the skin.

Following PDT, the treated areas appear red with some peeling for 2-12 days. Some patients have an exaggerated response and experience marked redness of their skin. Temporary swelling of the lips and around your eyes can occur for a few days. Darker pigmentation patches can become temporarily darker and then peel off, leaving normal, rejuvenated skin which can take 7-10 days.

Patients should avoid exposure of the areas treated with Levulan to sunlight, bright windows, and bright indoor light for 48 hours. Exposure may cause erythema, edema of the skin and prolong the recovery process. Patients should protect their skin from the sun and bright light by wearing a wide brimmed hat or similar head covering of light opaque material and by applying a zinc-oxide based sunscreen, until after the peeling has occurred.

Use only gentle cleansers and moisturizers. Hydrocortisone cream may be applied for up to 24 hours after treatment for swelling. Aquaphor ointment can be applied to pigmented areas after the peeling has subsided. When treating the face, sleep elevated to prevent swelling.