

Patient Information - Conventional Photodynamic Therapy

Wound care following treatment

Department of Dermatology

Introduction

The purpose of the leaflet is to help you understand and manage your wound care following conventional photodynamic therapy.

What should I expect after treatment?

Following your treatment with photodynamic therapy the treated area may be red or swollen. You may experience a pain similar to sunburn but it should only last for a few days after the treatment. Please be aware that the treated area will be sensitive to sunlight so it is advisable to avoid exposure to the sun for the first 24 hours.

Care of the wound site

- Keep the dressing that has been applied to the treated area in place for 48 hours. This is to protect the skin site and to avoid daylight getting to the treated area. After this time the dressing can be removed.

After 48 hours, and on a daily basis, the following routine will encourage healing and help to reduce the risk of infection:

- Wash the area with soap and water.
- Do not remove crusting/dry scabs.
- Gently pat the wound area dry with a clean towel.
- Leave the area exposed but if the wound is oozing, you can apply a waterproof dressing.
- Keep the skin moisturised.

Continue with the above until you are seen again in clinic or until the crusting and oozing have resolved and there is a pink skin covering the treatment area.

Pain

Pain varies from patient to patient and depends on the area of the body that has been treated. The discomfort may be minimized with mild pain relief, e.g. paracetamol, but anti-inflammatories, such as aspirin or ibuprofen should be avoided. An ice pack or similar (i.e. a pack of frozen peas) wrapped in a towel and held over the treated area for a couple of minutes at a time can be soothing and will help to reduce swelling.

Oozing

There may be some oozing from the treatment site. A crust usually forms after a couple of days and complete healing takes a few weeks. Occasionally, blisters may form after the treatment which will resolve but if you are concerned please call the dermatology nurse helpline on the telephone number below.

Signs of infection

- The wound may feel sore and hot and may look red and inflamed.
- Fluid may leak from the wound and some crusting may be present.
- You may have a high temperature and be feeling generally unwell.

If you have any of these symptoms, please contact your GP's surgery or **NHS 111** for advice.

Follow-up appointment

Unless you are told otherwise, a follow-up appointment to see a dermatologist will be sent out to you in the post for three months' time.

Questions and concerns

If you have any questions or concerns regarding your treatment, please call the phototherapy unit at Hertford County Hospital, on the telephone number shown below. The unit is open Monday to Friday, 7.30am to 5pm (excluding Bank Holidays).

Outside of these hours, please call **NHS 111** for advice.

Contact details

Dermatology Department
Hertford County Hospital
North Road
Hertford
Hertfordshire SG14 1LP

Telephone: Dermatology secretary	☎ 01992 823012
Dermatology nurse helpline	☎ 01992 823038
Outpatient appointments	☎ 01438 284444

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