Information following Photodynamic Therapy (PDT)

You have received photodynamic therapy (PDT) for _____.

In exceptional cases, the pain experienced after PDT may continue until the following day. If needed, you may take painkillers with paracetamol or ibuprofen, up to maximum allowable dosage. Swelling can also occur, especially in the areas around your eyes and mouth. This is normal and will gradually subside.

The treated area will continue to be sensitive to light for 48 hours after your treatment. This makes it important that you avoid sunlight in the area the first 2 days, especially if you received treatment in spring or summer. To achieve the best cosmetic result and to avoid further sun damage, sun protection is recommended forward on. Use clothes and/or headgear, and complementary sunscreen with at least 30 SPF also labelled with the UVA-symbol, in areas not protected with clothes.

Superficial sores may develop in the treated area after about two days. This is normal. Keep these sores clean and dry. You can shower and wash yourself as normal, but swimming and using a sauna are not recommended. If your sores should begin weeping, you can apply a dry dressing.

Make-up and creams should not be used on the treated area until the skin has healed. Avoid shaving the area, also. Any sores will heal within approximately 2–3 weeks.

For patients who were given an anaesthetic in connection with their treatment, especially around the mouth and lips, it is important to remember that the anaesthesia is long-lasting and can remain effective for up to 6 hours. For this reason, you should be especially careful when eating or drinking anything hot, so as not to burn yourself accidentally.

If you should experience any problems or if you have other questions, you are welcome to contact us.

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