

PDT by Haley Brooke



Name:

DOB:

PhotoDynamic Therapy uses a photosensitiser cream, activated by light to treat the following:

Indications

Precancerous Lesions (Basal Cell Carcinoma)
Sun Damage (solar lentigines, actinic keratosis, etc)
Redness (rosacea)
Inflammatory lesions and enlarged pores
General facial rejuvenation

Contraindications of PDT

You should not undergo PDT if you are pregnant, trying to conceive or breastfeeding.
PDT is not indicated for people with Fitzpatrick skin type 3+
If you have nut allergies or are taking the following contraindicated medications:
Thiazides (treats blood pressure)
Tetracyclines, flouorquinolones, griseofulvin or sulfonamides (used to treat infection)
Sulfonylureas (treats diabetes), phenothiazines (used to treat mental health conditions)
Roaccutane within the last 6 months
Patients who have porphyria or dihydropyrimidine dehydrogenase enzyme deficiency should not receive PDT.

Side Effects

Possible side effects of ALA treatment include discomfort, tightness, burning, swelling, redness, and possible peeling (especially in areas of significant sun damage). Side effects may last from 1 – 2 weeks.

Complications

Possible complications of PDT treatment include bleeding, blisters, bruising, swelling of fragile skin, PIHP and post inflammatory hypopigmentation. Complications may last from 1 – 2 weeks or more, Haley will take measures to address any concerns you may have.

Guarantee

There can be no guarantee of results and while some people achieve excellent results, it is possible you may need more than 1 treatment and/ or these treatments may not work for you.

Pre PDT Requirements

You will be given an 'Active' cleanser and moisturizer to use twice daily for 2 weeks prior to the PDT appointment. However, do not use the 'Active' cleanser and moisturizer on the day of the procedure.

Active Cleanser & Moisturiser

The Active products used to optimise your PDT treatment are designed and developed by allmedic. These products contain Glycolic acid, salicylic acid and niacinamide. Allmedic products are suitable for all skin types, including acne prone or sun damaged skin.

<https://allmedic.net.au/blogs/news/improve-the-overall-health-look-and-feel-of-your-skin>



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On the Day

Please arrive on time for your 2 hour appointment, bring your own music if you like.

You will be given an antihistamine tablet to take to reduce inflammation.

Pre PDT images will be taken again, these will be used in comparison at your reviews.

Your face will be cleansed and exfoliated, with special focus on areas of concern.

The ALA photosensitiser will be applied and occluded for an incubation period of 30 minutes.

You will be placed in front of the PDT light for Activation for approx. 1 hour. (this may depend on your level of tolerance)

Pain management options during treatment include: PDT soothing spray and cream, a fan, cool water applied with damp cloth.

Following the light activation, a PDT soothing cream and 50+SPF will be applied liberally to the face. You will be given a hat to wear home to shield from light.

You will then book your 1 week and 4 week reviews.

Post PDT Requirements

Avoid direct sunlight for 48 hours following PDT treatment and any indirect sun exposure can increase possible side effects: swelling, burning, redness and pain.

Do not pick at your face whilst it is healing.

Pain may be managed with standard paracetamol and ice.

Application of 50+ SPF is recommended daily. A gentle non 'active' moisturizer and cleanser may be used for 2 weeks following the procedure.

After healing is complete, you may apply makeup and continue to use the 'Active cleanser and moisturizer.

Off Label Use

The photosensitiser used is ALA (Aminolevulinic Acid) which is a naturally occurring photosensitising compound, applied to the skin, occluded for an incubation period, then "activated" by a specific wavelength of light. This process is called Photodynamic Therapy (PDT).

ALA is approved for PDT by the FDA in the USA. In Australia the TGA has approved Metvix (methyl-aminolevulinic acid) for PDT. This means the use of ALA in Australia is considered "off label", despite containing the same ingredients as Metvix, and widely used for PDT. In order to use ALA for your procedure we are required to have a signed consent form to acknowledge you are aware it is an off label use. If you prefer Metvix, this can be ordered, however it is considerably more expensive.

PDT Fee Schedule

- Initial 15 minute consultation \$30.00 (non refundable)
- A 50% deposit of \$250.00 is required to secure the appointment and resources.
- PDT Final Balance \$300.00

Inclusive of:

Active Cleanser and Moisturiser

Doctor consultation, referral and prescription

Protective Hat

1 week review and 4 week review appointments.



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I agree that I have read and understood this treatment information. I agree that I have none of the contraindications and consent to proceed with the treatment as planned.

Please tick if you agree.

Client Signature

Date:

Further Questions?

Please contact Haley for further questions.

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