

## What to Expect After Treatment

The area will be inflamed and a crust may develop over the next few days. This usually separates off one to two weeks after treatment. The area treated will look quite red and this will fade gradually. Some pigmentation (like tanning) may occur and this will also settle slowly over time. You may be left with faint scarring at the treatment site.

If an area on the head or neck has been treated, it may cause some swelling in the surrounding area – if so try to relieve this by sitting upright and not lying flat and use an extra pillow for the one to two nights following treatment.

Very occasionally the area becomes infected (red, swollen, oozy, and hot) and you should contact your doctor or practice nurse who will advise accordingly. If this is not possible please call the number below.

If you require any special assistance, for example with your mobility or if you are deaf, or have impaired vision a carer must attend with you.

Avoid natural sun to site x48 hours.

## Problems with the Device

If the device experiences a problem and is unable to complete the treatment, a red light will show upon the battery pack next to the cross. You should contact your doctor or practice nurse and tell them what has happened.

## Caution

Although the Ambulight PDT device allows for a mobile treatment, you should not perform any vigorous exercise whilst wearing the device.

The device should not be worn in the bath or shower, nor should you go swimming whilst wearing the device.

## Disposal of the Ambulight PDT Device:

Please note that Ambulight PDT has been designed to be completely disposable and can be recycled with your normal battery waste.

## Contact Numbers:

Insert Hospital Name :

Insert Clinical Contact Name :

Insert Department :

Tel :

# Ambulight<sup>+</sup>: PDT

Therapy in Motion



**Ambicare Health Ltd**  
Ambulight : PDT

## Patient Information Leaflet

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The aim of this leaflet is to give you information about Photodynamic Therapy (PDT) and your treatment with an Ambulight PDT device.

## What is Photodynamic Therapy (PDT)?

PDT is a treatment for certain skin tumours which include; Superficial Basal Cell Carcinoma, Bowen's Disease, Actinic Keratosis, persistent warts and other selected skin conditions.

- **Bowen's disease:** these are red scaly patches, which usually occur on light exposed areas, for example, lower legs, arms and face. These areas have abnormal skin cells. Very rarely these abnormal cells develop into a low grade form of cancer and it is for this reason we advise treatment of affected areas.
- **Superficial basal cell carcinoma:** this is a localised skin cancer, often occurring on the trunk, which can form large patches.
- **Actinic keratosis:** Areas of scaly red sun-damaged skin usually over the face, ears and backs of hands.
- **Persistent warts:** For over six months despite the proper use of wart paints and gels and repeated treatments with cryotherapy.

## How is the therapy given?

A biopsy is usually taken to confirm the diagnosis prior to treatment – this is the removal of a small piece of affected skin (using local anaesthetic) which is examined under a microscope.

A special cream is applied to the areas which require treatment, and needs to be in place for a few hours so that the chemical (5-ALA or MAL) in the cream is absorbed by the abnormal skin cells and is then converted to a light sensitive chemical within these cells. A red light is then shone on the treated area to activate the chemical, which then kills the abnormal cells.

## How we will carry out PDT treatment?

On the day of treatment we will remove any crusts from the affected area.

The 5-ALA or MAL cream will be applied and you will then immediately be fitted with an Ambulight device. This will enable you to receive treatment whilst taking part in your daily routine. The Ambulight device consists of a light source which we stick over the area of skin to be treated and a battery pack which you can wear on a belt or on a neck tie.

Once the PDT device has been fitted and activated you will be free to leave the department and return to your daily activity.

When leaving the department you will be issued with a dry dressing which should be applied to the area after treatment has been completed to keep it dry.

## During Treatment

Once the device has been fitted, the light source will stay dormant for three hours and the patch will then automatically activate the red light to turn on for three hours.

## The total treatment lasts for six hours.

You will know the plaster is working properly because you will see a green light adjacent to the 'tick' on the battery pack, and a red light will shine on your skin from the plaster. Once treatment has been completed the plaster will turn itself off automatically and the green light will start to flash on the battery unit, and will continue to flash for 30 minutes after the treatment has finished.

## After Treatment

Once the plaster has gone out and the green light has started to flash on the battery pack, the treatment is complete and you may carefully remove the plaster from your skin.

Once removed, carefully wipe any excess cream from the skin and then apply the dressing to the treatment site. The dressing should be kept in place for 24 hours. Avoid direct sunlight for at least 48 hrs.

Please note that if the lesion weeps, another dry dressing should be applied to the area until the weeping ceases.

## Pain

During or after treatment you may experience mild pain and itchiness which may persist for a few days. Paracetamol may alleviate this. **Do not take aspirin for pain relief after treatment.**