

PDT Treatment (Photo Dynamic Therapy)

The treatment with Metvix/ALA involves the following:

STEP 1: At Home (for 1 week prior to your appointment):

Pre-treatment of the 'field' to be treated with a moisturiser to soften scale and make the skin receptive to the subsequent treatments.

NOTE: Must be clean shaven face and or scalp on the morning of PDT treatment.

STEP 2: In the Clinic (Total time in clinic 90 minutes)

1. Face cleanse with moisturiser (Cetaphil)
2. Application of a sunscreen
3. Dermabrasion
4. Application of METVIX/ ALA
5. Soak in time 20-30 minutes

STEP 3: Activation.

2-3 hours outside in natural light UV **OR** 10 minute in clinic session of LED to activate the cream.

STEP 4: The Week After

It is common to observe a local reaction in the form of skin irritation and redness similar to sunburn. This usually subsides between 5-10 days following treatment. We strongly recommend:

- Application of moisturiser at least 3-4 times daily until irritation resolved.

-You should protect the treated area from sunlight for at least 14 days after treatment (using shade/cover/ broad spectrum SPF 50+ physical barrier sun block that contains zinc and or titanium dioxide) and keep the area clean.



E-mail :Hello@bendigomedispa.com

Website: www.Bendigomedispa.com

Instagram: @bendigomedispa

Phone: 03 54066922

Ice packs or cold compress can be applied for comfort. Keep your lips moist with lip moisturiser and drink plenty of water.

Your Doctor will assess your condition and advise you of any further treatment. Please tell your Doctor if you have any problems.

If you stop using Metvix/ALA

If the treatment is stopped before the light therapy has started or a full dose of light is not given, the effectiveness of the treatment may be reduced.

Pregnancy and breast feeding

Treatment is not recommended during pregnancy. Nursing should be discontinued during PDT treatment and for the following 48 hours after treatment.

Driving and using machines There are no effects on the ability to drive and use of machines known.

Possible side effects

Like all medicines, Metvix can have side effects.

Painful and burning skin sensations at the treatment site during and after light exposure are the most common side effects, occurring in about 60% of patients in clinical trials. These local reactions are generally of mild or moderate intensity and rarely require early termination of the light. Typically, it begins at the time of light application or soon after and lasts for a few hours, generally resolving on the day of treatment. Redness and swelling may persist for one or two weeks. Common side effects include pain and redness of the skin, burning sensation, scabbing, numbness, tingling, flaking of the skin, application site discharge and warmth. Uncommon side effects include eye swelling, eye pain, wound bleeding, nausea, rash, skin irritation, photosensitivity reaction, areas of paleness or darkening of the skin, heat rash, skin discomfort and tiredness.

COST OF TREATMENT:

Face **OR** Scalp \$465

Face **AND** Scalp \$735

The cost of the METVIX cream makes up at least half of this expense - private health funds with ancillary/extras cover may cover a portion of this non-PBS medication as a preventative skin cancer treatment.

Total cost includes a consultation fee - of which \$84.90 is claimable from Medicare.

If any of the side effects become serious, or if you notice any side effects not listed above, please phone the Clinic on 54066922 immediately.

Bendigo Medispa
Aesthetics. Beauty. Wellness

Address: 11 forest St, Bendigo Vic 3550
Working hours: Mon – Fri 9 am to 5 pm