



Professional Dermatology Care, PC
10% ALA-PDT Blue and Daylight Protocol
WRITTEN PROTOCOL FOR PATIENTS

Updated August 2024 by Dr. Nandedkar

PLEASE READ CAREFULLY:

Treatment Purpose- 10% Aminolevulinic acid is a topical prodrug photosensitizer gel. After 1 hour of application, cancerous cells absorb the prodrug and convert it to a photoactive molecule that can destroy the bad cells. Once activated by blue light and daylight, the molecule jumps around the cancer cells, killing them, which can be a little painful. We will start with an artificial light source (Blu-U™), which penetrates 2mm into the epidermis and complete the process with natural light, which is less painful than artificial red light and can penetrate up to 6mm of the deep epidermis found at the base of hair follicles. This way we treat both superficial and deeper brewing skin cancers. PDT is a non-scarring option compared to other treatments. Daylight PDT cannot be performed on rainy days but sunny versus cloudy days do not matter- studies have shown no difference in efficacy and patient satisfaction. We are using an off-label combination of US and European guidelines to improve safety and efficacy for our patients. I understand the risks, benefits, alternatives and expectations to treatment. I have had the opportunity to have all my questions answered.

Patient signature and date

Scanned and returned to patient Staff initials _____

1. After your in-office treatment with blue light for *16 minutes and 40 seconds*, your response will determine the next steps. If you had a brisk, red and severely painful response then do not continue to the daylight protocol. This means you had sufficient and rapid accumulation of photosensitizer into damaged cells. STOP the protocol by washing off the photosensitizer and then apply sunscreen. Avoid further sunlight or a blistering burn may occur. You will be light sensitive for the next 24-48 hours. Skip the Daylight Protocol and go to General instructions below.
 2. If you had a minimally painful, mildly red response to the blue light then start the Daylight protocol. We are now treating potential cancers like basal cell carcinomas that form deeper in the epidermis. Blue light took care of superficial actinics that often progress to squamous cell carcinoma.
- **Daylight Protocol: After your BLU light treatment, please do not** wash the treated area. **Go home and relax for an hour or so.** After, you will need to expose the treated area to **indirect natural light for 1-2 hours.** You may sit in a shady area with indirect sunlight. Indirect light is key. An outside patio or deck under an umbrella is fine or if cold outside, then inside near a window with ample daylight is fine. You may go for a walk on cloudy day or, if it is sunny, wear a ball cap to reduce direct sun exposure. **If the area becomes too red or painful, stop the protocol sooner.** Completing the time is not essential but just a guide for the time of daylight exposure most people require to activate all the photosensitizer. Time is not the end point. Red and painful is the endpoint. Please do NOT try to accelerate the process with direct sunlight or you may blister and burn.

General Instructions after completing the procedure:

- **Stop the process** by **thoroughly** washing the treated area with soap and water.
- Apply unscented plain moisturizer and sunscreen of spf 30 or more throughout the day and avoid further sunlight for at least 48 hours.
- At night, apply the two prescription ointments provided for you: **mupirocin 2% topical ointment** and **hydrocortisone 2.5% topical ointment**. We treat the skin post care like we treat most barrier repairs- lock in moisture with emollients and decrease inflammation with mild steroids. When applying, wet your hands, then apply mupirocin and hydrocortisone on your hands and mix together and apply to the treated area. The ointments will lock in the moisture from the water. Continue this process nightly until redness and/or peeling resolves, which is usually for about 1-2 weeks.
- **To prevent an infection:** please take your **Cephalexin** prescription three times a day for 5 days. If you have an allergy to cephalexin, or other cephalosporins or penicillins, please inform the staff and we will discuss an alternative antibiotics course for you.
- **Do you get cold sores?** *You need anti-viral therapy!!* Take two 1gm tabs of valacyclovir in the a.m. and again in the pm for just the day of the protocol to prevent cold sores. If you feel tingling, then you may take 1gm or 1 tablet a day until the tingling feeling goes away. If you get a cold sore, please increase your dose to 3 tablets daily for 10 days total.
- Wear sun protective clothing or hats to protect the area from sun because you will be sensitive to the sun for 24-48 hours.
- Avoid sunny places that have reflective sun like swimming pools or beaches. **Please inform the staff if you plan on going on a trip the day of or within 48 hours of the procedure, especially if it would involve prolonged outdoor sun exposure or long car rides.**
- Keep moisturizing. Do not let your skin get dry or cracked or it may scar.
- Please take photos! We like to see the process. Do not send them to us but keep them for your follow up visit. We will put them into your chart then as part of the treatment record.
- Please make sure you follow up in 2-4 weeks!
- This should help prevent skin cancers, but it is not 100% effective. You may develop AK's again despite this treatment. Unfortunately, no treatment is but this can have very good, non-scarring efficacy compared to other treatments, so it is worth trying.

Weather Constraints:

Keep in mind that you will need to have exposed skin in the outdoors when scheduling during winter months.

If it is raining during your scheduled ALA-PDT or indirect daylight protocol time:

- If you check the weather forecast before coming into your ALA-PDT appointment and it shows rain for multiple days including the day of your procedure and the days following your procedure, please call to reschedule.
- If there are scattered thunderstorms forecasted only on the day of your procedure with intermittent periods of clearing, you can still come to your ALAPDT appointment and we will do the BLU light procedure in-office with the idea that the indirect daylight can be completed when the rain stops either that day or the next day. If the rain does not stop when you get home, please **DO NOT** wash your face and instead sleep with the ALA treatment on, and when you wake up the next morning, you can complete the indirect daylight procedure at that time. In rare cases, we may do multiple rounds of blue light in office either the day of or we will call to have you come back for repeat treatment- this is typically isolated for particularly cold or rainy days.
- If there is still rain the next day, please call the office back and we will try to fit you in to provide an additional BLU light treatment as an alternative to indirect daylight.