

Dr. Rick Wilcox

Coogee Skin Cancer Clinic

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POST PDT TREATMENT PATIENT INFORMATION

HANDY HINTS



- When your treatment is finished, you will have a special pain relief and protection skin product applied to the treated area.
- Go straight home and avoid any excess sun.
- Whilst at home, stay in darkened areas and avoid bright house lighting and sun exposure for two days.
- **IF POSSIBLE DO NOT VENTURE OUTSIDE FOR TWO DAYS**
- Apply the allmedic post PDT soothing lotion as directed by your doctor.
- Please keep a 2 litre jug of cold water in the fridge, and ice cubes in the freezer.
- When the face feels hot or stinging, pour cold water into a container, add ice and put a cloth into the water and ice mixture. Use this as a cold compress on the treated area as many times a day as needed to soothe and relieve discomfort.
- If there is pain or discomfort, take Panadol, Nurofen, or a strong pain reliever like Panadeine Forte or Digesic.
- Use air conditioning or a pedestal fan to ease heat.
- Have cold showers as required.
- A follow up appointment will be made to see the clinic nurse or doctor, usually within 3 days post treatment. If you have any concerns in the mean time please call your doctor for advice.