

Dr. Rick Wilcox

Coogee Skin Cancer Clinic

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PDT PATIENT REMINDER LETTER

Important notes



1. Take one antihistamine tablet (Telfast, Claratyne, Zyrtec) the morning before your treatment and one per day for the following four to five days after treatment, then cease.
2. Do not wear makeup, sunscreen, or any other product on the area to be treated on the day.
3. Before leaving home, please wash the proposed treatment area thoroughly with warm water and cleanser.
4. Remember to bring or wear protective clothing e.g. hat, sunglasses, gloves, long sleeve shirts or pants.
5. Organise shopping, exercise, gardening, mowing etc before the day of treatment as you will have to stay indoors for two days after treatment.
6. If you are staying at the clinic for your full treatment, please remember to bring a good book, magazine or some paperwork to keep you occupied during the incubation phase. You may also wish to bring some lunch or snacks to tide you over. Coffee, tea and entertainment will be provided.
7. Do not exercise for five days post treatment, just rest and take your time.
- 8. IF POSSIBLE, DO NOT LEAVE THE HOUSE FOR TWO DAYS AND AVOID SUNLIGHT AND BRIGHT HOUSE LIGHTING**
9. Get your partner or spouse to cook, clean, vacuum, wash and do all other domestic duties whilst recuperating... Good luck
10. If you have any concerns at all, please contact our clinic.