Natural Daylight Photodynamic Therapy (ND-PDT)

Drugname: METVIX, 2gTUBE, DINNR:02323273

COST: $600 PER TREATMENT AREA, PER CYCLE

Total number of treatment areas: ________________

Treatment areas: Face, Scalp, Upper chest, Upper back, L / R, both lower arms, hands, L / R / Both lower legs

TOTAL COST: $600 x ______ = ______ Estimated number of cycles: ______

What is natural daylight photodynamic therapy?

Natural daylight photodynamic therapy (ND-PDT) is a simple, non-invasive procedure which is used to treat pre-cancerous skin lesions. The treatment involves applying a cream called Metvix to the affected area of skin. Natural daylight (photodynamic therapy) is then used to activate the Metvix, which destroys the abnormal cells, but does not affect healthy normal tissue. Metvix can only be used when the outside temperature is above 12 degrees Celsius. The affected area may require more than one treatment cycle, depending on the amount of damage.

What Metvix is used for:

Metvix contains the active ingredient methyl aminolevulinate (as hydrochloride) that belongs to a group of medicines called antineoplastic agents or cytotoxic medicines.

Metvix is used for treating spots on the skin that are thin and not dark-coloured, which are at risk of turning into skin cancer (pre-cancerous lesions called actinic keratosis, or AK).

Please read the following information with answers to some common questions about Metvix.

NOTE: All medicines have risks and benefits. Your doctor has weighed the risks of you using Metvix against the benefits they expect it will have for you.

--- METVIX TREATMENT INSTRUCTIONS ---

Important  KEEP THIS LEAFLET! You may need to read it again!

----- Before you use Metvix -----

When you must not use it:

Do not use Metvix:

- If you have porphyria
- If you have an allergy to peanut oil or almond oil
You will receive these products from our office, at your Metvix planning visit. The cost of these products varies depending on the retinoid strength.

Total cost for an Alumier Retinoid, Scrub and Clearshield sunscreen ranges from $121 – 141.

Who will carry out my treatment?
Only a physician, either Dr. Ben Wiese or Dr. Lize Wiese.

Preparing for your treatment:

Before you come for your treatment, please do not apply any sunscreen, moisturizer, or other skin products (including make-up) as these may affect the ND-PTD treatment.

What does the treatment involve?

We will start with skin profiling photography on the treatment area. The doctor's assistant will then apply a sunscreen with SPF 30 or higher to the treatment area. This will protect your skin from the ultraviolet light rays, but will not block the daylight. Our clinic will provide this sunscreen for the treatment area.

Your physician will then apply the Metvix cream to the specific area. You will need to leave the affected area uncovered.

What happens next?

To activate the Metvix cream, you will be asked to go outside for light exposure. Daylight exposure should begin within 30 minutes of Metvix cream application and should continue for 150 minutes, or 2 and a half hours. During this time, you should remain outside, for example, you could sit on a porch or visit an outdoor cafe.

Try to make sure the treated areas are exposed to daylight- e.g. do not wear a scarf or hat if your scalp is being treated and do not wear glasses or sunglasses if your face is being treated.

It is only necessary to expose the treated area. However, we do recommend that you bring along and use your own sunscreen (at least SPF 40) or clothing to protect the rest of your skin which is exposed during the treatment time.

Even on an overcast day, there is enough daylight exposure if you are outside, hence the temperature is above 12 degrees Celsius. If it begins to rain while you are outside, take partial shelter under a roof awning and try to complete 2.5 hours of daylight exposure.

You can visit the washroom if you need to, but if you stay inside for longer than a few minutes you may need to stay outside for more than 2.5 hours, to make up for the missed time.

If it is too cold or raining, we will contact you by telephone the day of the treatment to tell you that the treatment is being postponed. Make sure we have all your contact details, and please answer your phone.

What should I do after my treatment?

You can consider getting our Post Procedure Metvix Kit for $31. It consists of a Cleanser, Post Procedure Balm (moisturizer) and a moisturizing Sunscreen. For larger treated areas, we would recommend the full size Alumier, SensiCalrm cleanser, Recovery balm and Sunscreen.
Wash the treatment area twice a day with a very gentle cleanser and water. After using a cleanser, pat the area dry and immediately apply a moisturizer. Moisturize the treatment area every 4-8 hours for 7-14 days.

**You will need to:**

Stay indoors for 48 hours after the treatment. If this is not possible, sunscreens, a scarf or hat should be used to cover the treated area for the first 48 hours.

You may shower and bathe as normal.

**What can I expect after the treatment?**

Stay indoors for 48 hours after the treatment. If this is not possible, sunscreens, a scarf or hat should be used to cover the treated area for the first 48 hours.

1). You may have no skin reaction, this does not mean that the treatment has failed.

2). The treatment area may become red or crusted and may be painful.
   - Skin reactions may be most noticeable two or three days after the treatment
   - A moisturizer can be applied to the skin every 4-8 hours to help reduce redness and swelling

3). You may develop redness, scaly or flaking skin
   - These reactions usually resolve within a week.
   - The use of a moisturizer or Hydrocortisone can help relieve these skin reactions. If you are struggling with extensive discomfort, call our office, to get a prescription for a steroid cream.
   - Take some Tylenol extra strength 2 tablets every 6 hours for up to 5 days, as needed, for any discomfort.

**What are the side effects?**

The main side effect of the treatment is that you may experience tingling, redness, swelling and/or mild -moderate pain in the treated area of skin. “The more firewood there is on the fire, the larger the fire is going to burn”

**What should I bring with me for the treatment if I am not going home?**

- Sunscreen SPF 30 or higher for my exposed untreated areas.
- Reading material
- Hat (if not treating the scalp or face)
- Long-sleeved top, full length trousers or long skirt

**How many treatment cycles do I need to have?**

The lesions need to be treated until all actinic keratosis are killed. Sometimes two or three treatment cycles of natural daylight PDT are needed on the same area. Please continue to use appropriate sun protection (e.g. Sunscreens with SPF 30 or higher, or clothing) to cover the areas treated.

Six (6) weeks after your Metvix treatment you will follow up with Dr. Ben or Dr. Lize for post procedure skin profile photography to decide if you might need another treatment cycle. Please book this appointment as soon as possible after your Metvix treatment.