



Photodynamic Therapy with Ameluz for Actinic Keratoses and Photodamage

Photodynamic Therapy (PDT) consists of a topical application of Ameluz (aminolevulinic acid) and a light source, such as red-light. Ameluz is a substance that occurs naturally in the body in small amounts. Ameluz is absorbed into actinic keratosis (pre-cancerous cells), sebaceous (oil) glands, melanin, and small blood vessels and when absorbed is converted into a photosensitizer known as protoporphyrin. Certain lasers and lights activate the protoporphyrins leading to selective destruction of the pre-cancerous cells and reduction in sebaceous glands, melanin, and small blood vessels. Some patients will improve after just one treatment, but most patients may need up to 3 treatments to improve actinic keratoses. Treatment sessions are performed at 1-month intervals. Doing more than 3 treatments can result in continued improvement. Periodic treatments every 1 to 3 years can maintain your results.

Indications:

Actinic Keratoses: Actinic keratosis (AK) is a common premalignant skin condition and can appear as rough, scaly pink spots on the skin. The concern for untreated AKs is their rate of transformation to cutaneous squamous cell carcinoma (SCC), a type of skin cancer. Individual or a small number of AKs can be treated locally with procedures such as liquid nitrogen or curettage. Treatments aimed at treating the entire area, known as "field therapy," may be more appropriate when multiple lesions are identified. PDT is a type of field therapy. Many insurance companies pay for the Ameluz medication and sometimes red-light therapy. A prior approval process may be needed prior to your procedure.

Pre-Treatment Instructions

1. If you have a history of oral Herpes Simplex (fever blisters/cold sores), please alert your healthcare provider, as the laser may trigger an outbreak. We may recommend that you take an oral antiviral agent such as Valtrex starting 1-2 days prior to your procedure to prevent an outbreak.



Schwarz Dermatology PLLC

1501 Lower State Rd • Suite 100 • North Wales, PA 19454

Treatment Day

1. We recommend that you wear comfortable clothes to your appointments, or you can change into a disposable gown. If you tend to get chilled from air conditioning, bring a sweater or light jacket to wear while you are waiting for the Ameluz to take effect.
2. On the day of your procedure, you should arrive at the office with your face free of any creams, serums, sunscreen, or makeup.
3. You will be asked to wash your face in the office with an exfoliating scrub.
4. Next, your healthcare provider will apply acetone to your skin which removes surface fats from your skin and thus allows the Ameluz medication to penetrate more efficiently. Your healthcare provider will select the amount of incubation time your Ameluz will remain on your skin; this is typically between 60- 120 minutes, depending on the condition(s) and area(s) to be treated.
5. Following this incubation period, you will sit under a red-light for approximately 20 minutes.

Post-Treatment Instructions

1. You can wash off your sunscreen once home and then begin a gentle skin care regimen.
2. While you are recovering, we recommend a gentle skin cleanser and a gentle cream or lotion, such as Vanicream.
3. You should avoid topical skin care products with potential skin irritants (retinoids, glycolic acid, salicylic acid, benzoyl peroxide, or acne medications) while the skin is still red, pink, and/or peeling.
4. AVOID SUNLIGHT FOR THE NEXT 48 HOURS.

Possible Risks & Complications: Redness and mild tenderness may occur after the procedure, like a mild to moderate sunburn. Some patients may experience mild peeling, crusting, and swelling, lasting up to one week. At your house we recommend staying in rooms in which the windows have blinds or drapes and avoid skylights. It is okay to be in front of your computer, iPad, TV, phone, etc., and to be exposed to the electric lighting in your home.