

Dr Susan Austin
Provider No: 049332LX

Consent Form for Photodynamic Therapy with 5-ALA

5-ALA (aminolevulonic acid) is a photosensitizer which produces a form of oxygen that makes cells more receptive to light and kills nearby cells when exposed to a certain wavelength of light. The ALA is absorbed by abnormal skin cells and when exposed to our PDT light, they will explode microscopically.

5-ALA can be used to treat various skin cancers and pre-cancers such as actinic or solar keratoses, Bowen's disease and Basal cell carcinomas. It can also be used to treat acne, rosacea, psoriasis, warts and some other rare lesions. The procedure involves initial cleaning of the skin with alcohol after which the ALA is applied. This is totally pain free. The area is then covered with some plastic and tape so that absorption into the skin is facilitated and also normal light cannot reach the lesion. Three hours later we ask the patient to return to have some local anaesthetic cream applied and the tape and plastic wrap is reapplied. Half an hour later the dressing is removed and the area is again cleaned lightly and then it is exposed to a red light for 20 minutes and a blue light for 10 minutes. Sometimes a tingling or very slight stinging sensation is felt but for the most part the procedure is quite tolerable.

Please let us know if you are taking or have taken any of the following types of medication:-

Anti-arrhythmic (Codarone X. Aratac, Amiodarone Hydrochloride), Anti-arthritis (Ridaura, Gold 50, Auranofoin), Antifungal antibiotics (Grisovin, Griseofulvin), Anti-acne (Roaccutane, Istotretinoin) or Anti-cancer (Ledertrexate and Methotrexate)

The treatment with red and blue light is contraindicated if you are taking the above drugs.

As well, it is important to tell us if you are prone to cold sores as it may be necessary to take preventative medication before treatment.

After the treatment, the area is covered and needs to be kept out of all light (not just the sun) for 48 hours. The treated area will become red and irritated and a blister or scab may develop. The area may be uncomfortable for about a week and red for a couple of weeks. The final cosmetic result is usually very good. Dr Austin will need to check the lesion after about 3 months to make sure it has disappeared. Common side effects include localised redness, itchiness and irritation, mild swelling for 2 to 3 days and



scaling and change in skin colour. Rare side effects include contact allergy to the ALA, generalised photosensitivity lasting up to 3 or 4 days, porphyria and allergy to chemicals called porphyrins.

I have read and understand the above information and I am willing to accept the risks and possible complications associated with the treatment. I have had all my questions answered satisfactorily and consent to having the PDT treatment.

PATIENTS NAME

SIGNATURE

DATE

WITNESS