

Menlo Dermatology Medical Group & Laser Center, Inc.
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Informed Consent Form for Photodynamic Therapy

Photodynamic therapy (PDT) uses a topically applied chemical that is activated by a light or laser light source. This technology treats premalignant skin lesions, acne, and sun-damaged aging skin. First the light reactive solution of alpha-levulinic acid is applied for 30-60 minutes. The photochemical is then activated by several minutes exposure with the Blue-U light or V-Beam laser. A series of treatments are usually required to maximize the results for acne or aging skin. There is minimal to no discomfort from the treatment, **although the skin will be very light sensitive for 24-48 hours, and may be somewhat reddened and flaky, similar to a mild sunburn, for several days.**

PROTECTIVE MEASURES: Your eyes will be covered with protective goggles.

ALTERNATIVES: Alternative treatments include: 1. Standard acne treatment for at least 6 months with antibiotics and topical medicines. 2. Liquid nitrogen or 5-fluorouracil cream for 2-4 weeks for actinic keratoses. 3. Laser resurfacing, stronger chemical peels, or deep dermabrasion for aging, wrinkled skin.

POTENTIAL RISKS AND COMPLICATIONS: Although complications are extremely rare, occurring less often than with alternative treatments listed above, they must be considered. Risks include the remote possibilities of temporary skin discoloration, temporary blistering or erosion of the surface or change in texture of the skin in areas treated. After treatment there is no guarantee that new acne lesions, actinic keratoses, or wrinkles will not return over time.

TEMPORARY DISCOLORATION: Treatment will result in a temporary redness and slight swelling. There may be some areas of temporary pink discoloration that fade within one week if the V-Beam laser is used. The bruising will be more pronounced and last longer if you are on aspirin or related pain medications i.e.: Motrin, Advil, Aleve, Mediprin, Midol with ibuprofen. Any minor bruising can usually be camouflaged with makeup until it has faded. **It is imperative that you avoid sun exposure and strong light for 24-48 hours after treatment.** An opaque skin colored sunscreen or makeup foundation is recommended for this period.

COSTS AND INSURANCE COVERAGE: Insurance companies and Medicare will usually cover the cost of treatment for premalignant diagnoses (actinic keratoses). Treatment for acne or facial rejuvenation is not currently covered. We will discuss charges prior to the procedure.

I understand that many variables are involved in the final result and no guarantee or assurance has been given to me as to the results that may be obtained. I understand that proper care of my skin following the PDT treatment including but not limited to strict sun protection may affect the final result. In connection with the treatment that I am receiving, if specifically requested I consent to the taking of a series of photographs. I have read the above information and been given the opportunity to ask any questions before signing this consent.

Patient Name _____ Patient Signature _____ Date _____

Witness Signature _____ Date _____

Menlo Dermatology Medical Group & Laser Center, Inc.
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**AFTERCARE INSTRUCTIONS
PHOTODYNAMIC THERAPY USING LEVULAN**

- CLEANSING:** Wash 2-3 times a day with mild cleanser such as Cetaphil or Dove soap.
- DRESSING:** Apply moisturizers such as Aquaphor, Cetaphil, Replenish by MD Forte, or Hydrotone by Glyderm as needed.
- DISCOLORATION/
SWELLING:** Swelling and redness are variable. If it occurs it reaches a peak at 24-48 hours, and can be minimized by applying ice compresses with a washcloth dipped in ice water or washcloth wrapped around a bag of frozen peas. Apply compresses for 10 minutes 2-3 times a day for 2-3 days if needed.
- PAIN:** Pain after treatment is minimal. Take Tylenol as needed. If stinging occurs, reduce your exposure to bright light or sun.
- COVER-UP/
MAKE-UP:** Make-up, or an opaque sunscreen (Sportz Block), should be worn for 2-3 days after the procedure. A green cream base (Estee Lauder, Almay) applied under foundation helps to disguise any residual redness.
- SUN & LIGHT** **Avoid bright indoor light and sun exposure for the first 48 hours. Exposure will increase the sunburn effect.** This sunburn effect does not increase the chance of skin cancer, unlike a true sunburn. Wear a hat, especially men who have had scalp treatment, avoid mid-day sun and wear an SPF of 30 or higher. The use of sunscreen does not stop the sunburn effect of the treatment from occurring.
- ADDITIONAL
TREATMENT:** Please allow 2-4 weeks between treatments for acne, 6-8 weeks for sun damage. The number of treatments necessary varies with the extent and severity of the problem, the average being 2-4 treatments. We can give you a more accurate estimate after evaluating your response to the first treatment.