

# Precision Health & Sport Ltd

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## **Daylight PDT**

- 1) Apply sunblock 1 hour before procedure (NO zinc or Titanium)
- 2) When you arrive, we will apply the ALA product
- 3) Wait 30 minutes and then sit in the direct sunlight for 2 hours
- 4) If you have any discomfort or pain you can move into shade for short periods
- 5) After the 2 hours of sun exposure, wash the area and apply moisturiser.
- 6) Avoid direct sunlight for 48 hours, directly or by using sunblock.

Expect redness and swelling after about 1-2 days and this can last for 14 days.

**Dr Morne du Plessis**