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PHOTODYNAMIC TREATMENT

Photodynamic treatment is being recommended to treat pre-cancerous lesions (actinic keratosis) on your skin. These precancerous lesions can have several causes; UV radiation, genetics, exposure to such cancer-causing substances (carcinogens) as smoking (including “side smoke”), arsenic, tar or x-ray radiation. Photodynamic therapy or PDT is a treatment that uses special drugs, called *photosensitizing agents*, along with light to kill precancerous and cancer cells. The drugs only activate only after they have been “turned on” by exposure to certain wavelengths of light. The photosensitizing agent is applied in the office to the skin and binds to precancerous or cancerous cells over 45-60 minutes. Then, light to activate this topical agent causes the drug to react with oxygen, which forms a chemical that kills the precancerous or cancerous cells.

The drug that is applied to treat precancerous cells (Actinic Keratosis) is Levulan Kerastick (aminolevulinic acid HCl) topical solution. The solution is absorbed by the actinic keratosis cells and then converted to a chemical that makes these cells extremely sensitive to certain wavelengths of light. When the actinic keratosis cells are exposed to the blue light illuminator, a reaction occurs in which the actinic keratosis cells are destroyed.

Before the photodynamic treatment, be sure to tell your healthcare provider if you are taking **ANY** oral medications or using topical prescriptions, or non-prescription products on the area that the provider will be treated. Bring adequate sun-protective items to your visit (examples: wide brimmed hats (garden hats), umbrella, sun-protective clothing) for the area that is to be treated.

You must wear a physical sunscreen if the area that is being treated will not be covered completely from any light for the next 48 hours. If you cannot find an adequate chemical-free, physical sunscreen of a high enough quality for this purpose, ACD Aesthetics does offer two options: the Elta MD UV Physical spf 41 sunscreen and the Blue Lizard spf >30 sunscreen. After the treatment is over with, we will apply one of these 2 physical sunscreens and make sure you are protected from sunlight before you leave the office. Avoid exposure to sunlight or indoor ultraviolet or blue light (ex: refrigerator section for milk) for at least 40 hours after the treatment. Reapply the physical sunscreen every 2 hours. We highly recommend that you stay indoors.

We will call your insurance to see if it is covered. It is highly recommended that you call as well. The diagnosis code is **702.0 (Actinic Keratosis)** and procedure codes are **96567** and **J7308**. When calling insurance, make sure and document the name of the person that you spoke with. Ask if the procedure is covered, if it will be applied to a deductible, and if you have a co-pay. We should obtain your email address and make sure that you are set up on our patient portal system before you leave the office. Once we hear back from your insurance, we will message you on the patient portal system with the coverage benefits that we found out from your insurance. At this time we will also request that you message us back letting us know if you would like to proceed with the treatment and when you would like to schedule. If you opt not to use the patient portal system, we can call you but we apologize in advance if we “play phone tag”.

If you have any further questions, please ask your healthcare provider, message us on the Patient Portal, or call our office at 817-795-7546, ext 310.