

## DAYLIGHT METVIX

Metvix is a prescription cream used in conjunction with natural sunlight for the treatment of actinic keratosis (pre-skin cancers). Actinic Keratosis is a pre-cancerous skin lesion, if left untreated it may turn into Squamous Cell Carcinoma (SCC). Actinic Keratosis damage is a chronic issue and you will likely need to repeat treatments in the future.

The advantage of Daylight Metvix therapy is:

- Little to no pain
- Can treat entire face and/or scalp
- Metvix has targeted action – healthy cells & tissue are unaffected
- Excellent cosmetic results without scarring that can be caused by surgical intervention

**Pre-Treatment:** Patients are advised to come into the clinic with their faces cleansed & free of make-up.

### Details of Procedure

- A sunscreen will be applied to the treatment area and it will be allowed to absorb for 15 mins
- The area will be gently scraped with curettage and the Metvix cream will be applied.
- After application DO NOT touch, rub, wear a hat, or sunglasses as the Metvix needs to be absorbed by affected skin.
- The Metvix cream must absorb for 30 minutes maximum without direct light exposure. During this time you can return home or to your activation site.
- After the 30 minutes, expose the treated skin to sunlight for 2 hours or for 3 hours if overcast.
- Remember to apply SPF 30 or higher to non-treatment areas prior to exposure
- The SPF CANNOT contain Zinc Oxide or Titanium Dioxide during this time. After the treatment you can resume using an SPF with Zinc Oxide or Titanium Dioxide if you wish.

**What can you do:** walk, yard work, sit out on a patio and read. Do NOT sit in the shade or go indoors during this activation period for any circumstance. After the allocated time you are to cleanse the affected areas with regular soap and water.

**This treatment cannot be performed if it is raining outside. Your appointment will need to be rescheduled if it is raining on your appointment date.**

### Post Treatment Care

- You need to cleanse your skin with a gentle cleanser after your treatment until it is fully healed.
- You must AVOID exposure to sun or ultraviolet light for 48 hours post treatment.
- You must wear an SPF 30 or higher sunscreen on a regular basis to protect your skin from further damage.

### Possible Side Effects

- Peeling, crusting, burning, tingling, swelling, redness, peeling, lightening & darkening of skin tone.
- Peeling may last from 3-7 days and redness may persist in areas of exuberant response to the treatment.
- An SPF 30 needs to be applied to skin every day following the procedure.
- Tylenol or Advil can be taken for any discomfort
- Men should not shave their face for 48 hours if their face has been treated
- Make-up can be applied once any possible crusting has healed.

