

Photodynamic Therapy (PDT)

This sheet will provide information on Photodynamic Therapy (PDT), side effects, and how you should prepare for the day of the treatment. If, after reading this you have further questions about your condition and treatment, please ask your eye doctor or call us at 585-442-3411 and ask to speak with a nurse or technician.

What is the goal of Photodynamic Therapy (PDT) treatment?

Certain conditions can lead to loss of vision due to build up of fluid in the retina, the layer at the back of the eye which enables us to see. The fluid leaks from abnormalities in the blood vessels in the retina or from the layer below the retina (choroid). The goal of PDT treatment is to reduce leakage of fluid and stabilize your vision.

How does PDT treatment work?

Photodynamic therapy is an outpatient procedure involving the use of a special light-activated drug called Verteporfin. The drug is injected into a vein in the arm or the hand, and infused over a ten minute period. The dose is determined by your height and weight. The drug will travel to and accumulate in abnormal blood vessels under the macula. A special low-intensity laser light targeted to the retina activates the drug only in the affected area, damaging abnormal blood vessels under the retina and leaving normal blood vessels intact.

What conditions can PDT be used for?

- Wet macular degeneration (Wet AMD)
- Choroidal Central Serous Retinopathy (CSR)
- Polypoidal Choroidal Vasculopathy (PCV)
- Some cases of vascular tumors

What will happen on the day of the treatment?

A technician will check your vision and put dilating drops in your eyes. You may need photographs or scans taken of your eyes before seeing the doctor.

If you wish to proceed with the treatment, you will be asked to sign a consent form explaining the risks, benefits and alternatives. You will also have the opportunity to ask the doctor any questions you may have.

Your weight and height will be measured to calculate the correct dose of Verteporfin which is administered into the blood stream through a cannula into a vein in your arm or hand.

The Verteporfin infusion will run for ten minutes while the medication circulates through the body and reaches the abnormal area in the back of the eye, the retina and choroid.

Once the infusion of Verteporfin is complete, you will be given anesthetic drops. The doctor will apply a contact lens on your eye and focus the laser beam on your retina. A low energy laser is then directed to the affected area to activate the drug over a fixed time of about one and a half minutes.

What are the side effects of PDT?

Injection site reactions

During the infusion, the Verteporfin may leak into the tissue around the vein, causing an inflammatory reaction. This may cause some discomfort until the swelling resolves. In rare cases, this may lead to scarring.



Retina Associates
of Western NY, P.C.

Preserving and restoring sight with compassion and innovation

Photodynamic Therapy (PDT)

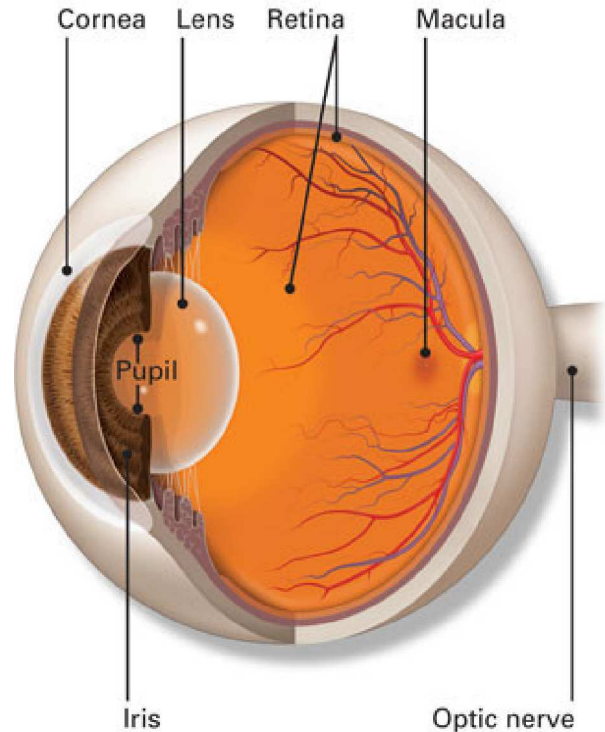
What are the side effects of PDT? (Continued)

Temporary lower back pain

This is reported to occur in 2% of patients. The back pain usually goes away quickly once the infusion finishes. Intermittent icing of the area and over the counter pain relievers may help alleviate any discomfort.

Photosensitivity

For 5 days after PDT, your skin will be much more sensitive to light and there will be a higher risk of sunburn. Therefore, if you need to go outside during daylight you should **fully cover your skin, including your head and eyes by wearing a full brimmed hat, sunglasses, long sleeves, gloves, and pants/leg coverings**. You can watch television and work indoors under artificial light, but please avoid halogen light.



What to bring on the day of the treatment

- Sunglasses
- Clothes that protect your skin from sunlight including a hat, long sleeves, pants and gloves
- A driver if you are not comfortable driving while dilated

For questions or concerns about your treatment, call us at 585-442-3411

Retina Associates of Western NY, P.C
160 Sawgrass Drive, Suite 200 Rochester, NY 14620
3345 Chambers Road South, Suite 11 Horseheads, NY 14845
39 Washington Avenue, Batavia, NY 14020
www.retinaassociatesofwny.com