



Procedure Information Sheet

Introduction

Age-related macular degeneration can be divided into dry form (non-exudative) and wet form (exudative). Wet age-related macular degeneration is due to the abnormal proliferation of blood vessels in the macular, resulting in leaking, fluid accumulation, bleeding or scarring. Photodynamic therapy is one of the effective treatments for polypoidal choroidal vasculopathy or central serous macular edema.

Indication

Photodynamic therapy is mainly used to treat neovascular age-related macular degeneration, polypoidal choroidal vasculopathy or central serous macular edema in the elderly. The main purpose of photodynamic therapy is to preserve or improve existing vision. If the accumulated fluid and blood from the abnormal leaking blood vessels have damaged the photoreceptors, causing irreversible damage to the macula, photodynamic therapy cannot restore the lost vision.

The Operation / Procedure

1. Intravenous injection of Visudyne® for 10 minutes
2. 15 minutes later, laser light is delivered for 83 seconds to activate the Visudyne® accumulated in the abnormal new blood vessels under the macular. The activated Visudyne® closes off the abnormal blood vessels, hence decreasing the leakage of blood or fluid.

Before the Operation / Procedure

1. Before photodynamic therapy, patients usually need to undergo fluorescence angiography. It helps your doctor better locate and assess the severity of the bleeding and the fluid leakage.
2. Use the medication or eyedrops as instructed by doctor before the treatment.
3. Avoid applying cosmetics and makeup on the day of procedure.
4. Inform your doctor if you have systemic diseases, such as hypertension, stroke, heart diseases, diabetes, or if you are taking western medications, traditional Chinese medicine or health supplements on a regular basis.

Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____
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After the Operation / Procedure

1. Avoid eye rubbing.
2. In the first 24 hours after treatment:
 - Do not expose yours eyes and skin to strong light, such as strong sunlight, sun lamps, spotlights in home or office, dental and medical operation lightings. The light of yellow and white bulbs of ordinary household, energy-saving bulbs, light tubes and TVs is safe.
 - Wear UV-blocking sunglasses and long-sleeved clothes. Sunscreen or sun oil cannot effectively protect against strong light.
3. Outdoor activities can be resumed 48 hours after treatment:
4. Use the medications and attend follow up according to doctor's instruction.
5. The eye condition and recovery progress after treatment among patients are different. Retinal hemorrhage or fluid leakage may occur again. If this happens, Visudyne® photodynamic therapy is required.

Risk and Complication

Photodynamic therapy has been quite safe so far and side effects are uncommon.

- Possible side effects include pain at the injection site, headache, back pain, blurred vision and visual field defects.
- About 1-5% of patients may have significant visual impairment.
- Patients with Porphyria (an inherited pathological disorder of metabolism) should not receive photodynamic therapy.
- Some patients may experience systemic side effects such as drowsiness and decreased blood pressure.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

- American Academy of Ophthalmology, EyeWiki, Article: Photodynamic Therapy (PDT) (11/2022) from [https://eyewiki.org/Photodynamic_Therapy_\(PDT\)](https://eyewiki.org/Photodynamic_Therapy_(PDT))
- Hospital Authority, Fact Sheet: Photodynamic Therapy (PDT)(11/2022) from <https://www3.ha.org.hk/kcc/leaflet/hkeh/hkeh/oph/VR003.pdf>
- Hong Kong Eye Hospital (April 2021) Fact Sheet-Photodynamic Therapy (PDT) Hospital Authority

Patient's Signature: _____ Date: _____

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