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## ACNE PHOTODYNAMIC TREATMENT

### How does Acne PhotoDynamic Treatment work?

This treatment uses high intensity light to activate porphyrin, a substance found naturally in the skin. The activation of porphyrin causes a chemical reaction that leads to the destruction of the bacteria that cause inflammation in acne blemishes. To enhance this process, PhotoDynamic Treatment (PDT) uses ALA (short for 5-amino levulinic acid), a substance related to porphyrin. When it is applied to the skin, inflamed acne lesions and overactive oil glands absorb more of the ALA and the higher concentration of this substance in these problem areas enhances the effects of the light.

### How Do Acne PhotoDynamic Treatments for Acne Compare to Topical and Oral Medications?

Traditional acne medications have potential side effects and require months to years of continuous daily treatment. Acne PDT is done every two weeks for up to four treatments. Typically, side effects of PDT treatment are minimal.

### What is the PhotoDynamic Treatment Like?

Your skin is gently cleansed and any makeup worn is removed before treatment begins. Pre-treatment pictures are taken to help document your improvement. Excessive skin oil is then removed with a gentle acetone scrub and the liquid ALA is applied to the skin and allowed to remain in place for 1 hour. Your eyes are protected with eye shields or goggles during treatment. The treatment itself is painless and just feels like warmth or sunlight on your skin. You will be asked to turn your head to each side at certain points during the treatment and your progress will be monitored until your treatment is completed. After your treatment, you may resume your normal activities. Girls may reapply their makeup immediately afterwards if they desire. However, you must limit your light exposure because the ALA will make your skin more light sensitive for 48 hours after treatment. Please take the appropriate precautions.

### What Should I Expect to Happen During the Course of Acne PhotoDynamic Treatment?

You may experience some minor changes to your blemishes during the treatment period. You should avoid touching or picking your blemishes at all times. Though the inflammation will be gone for the majority of patients at the end of the treatment series, you may experience some residual redness where the inflamed blemishes were located. This will dissipate in time. Most patients see the maximum effect at three to six months after treatment is completed.

### Will I Need Additional Treatment After the First Series?

We will start you on a maintenance skin care regimen after completion of your Acne PhotoDynamic Treatment series. Some patients may need a follow-up session or series four to eight months after the original treatment series.

### Is There Anyone Who Should Not Use PhotoDynamic Treatment?

Patients with any condition that may make them more light sensitive and pregnant women are not candidates for treatment.

