

## Photodynamic Therapy (PDT) For Acne

Photodynamic therapy (PDT) is a medical treatment that uses Levulan (5-aminolevulinic acid or ALA), a drug that becomes activated by light exposure, together with an IPL laser light source. The Levulan is absorbed by active cells, like acne sebaceous glands, making the targeted acne cells more sensitive to the light. This combined interaction of the solution and the light is what gives rise to the term "photodynamic therapy."

PDT impacts acne in four ways. It:

1. kills bacteria that cause acne breakouts
2. shrinks oil glands, thus decreasing sebum production
3. normalizes the shedding of dead skin cells within the follicle
4. improves the skin's overall texture, and holds promise in the repair of acne scarring

Therefore, PDT is one of the most effective treatments against stubborn acne and cystic acne.

An important part of the treatment program is **medical extraction** of blackheads and acne pustules, which will expedite the improvement in your skin condition by cleaning the pores of hardened sebum and infected debris. You should schedule a medical extraction 5-10 days following each PDT treatment.

PDT essentially has three steps:

1. First, Levulan, a clear painless solution, is applied to your skin to be treated.
2. Second, there is an incubation period of 60 minutes.
3. Finally, the treatment area is exposed to IPL that activates the Levulan.

There will be uncomfortable sensations of heat, like a hot rubber band snap. A fan will be running in the room to help cool you off during the treatment.

The treatment area will be washed off. Your skin will be sprayed with soothing mineral water, and cooled mineral water gel will be applied to the treatment area, then sunscreen will be applied. Instructions will be given on how to care for your skin at home. Your skin will be red and might have some skin peeling for several days after the treatment.

PDT requires **staying out of the sun for up to 72 hours following treatment.** Do not expose yourself to SAD lamps during this time.

**Let us know if you have a history of frequent cold sores** (Herpes virus infections on your face). In that case, you will be prescribed an antiviral tablet (cold-sore prevention pill) to take before and after your procedure.

Please call 440-779-1000 if you have ANY questions.

**[www.timelesslaserskin.com](http://www.timelesslaserskin.com)**

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