

Fact Sheet

Acne & Acne Scarring Treatments

Blue Light Therapy and ALA (aminolevulinic acid) Therapy



What is it?

Blue Light Therapy is a simple and successful, non-laser, non-UV light therapy to improve mild to moderate acne and inflammation. The blue light penetrates deep into the acne cysts to destroy the acne-causing bacteria. It can be combined with ALA, which is applied to the skin before the light therapy to increase the photosensitivity of the bacteria. This form of therapy is extremely beneficial when used to treat acne in its early stages, as it prevents cystic acne and scarring. It is effective on all skin types.

What is acne?

Acne occurs when the sebum (oil) that normally drains to the surface of our skin gets blocked, causing pimples, comedones and eventually cysts. Severe acne will always leave a level of scarring after the condition has healed, but in some cases even very mild acne can result in scarring. Although acne is a hormonal disease, the inflammation, infection and resultant skin damage is caused by the acne bacteria. These bacteria are resistant to most forms of treatment as they are trapped in closed pores and cysts. However, Blue Light Therapy is a successful way of killing these trapped bacteria.

Which areas can be treated?

Any area of the body where you find acne and acne scarring.

Is it safe?

Blue Light Therapy is fairly new to Australia but has been used safely and effectively in Europe and America for a number of years. As the light used doesn't contain any ultraviolet rays, there are no skin cancer concerns associated with this therapy.

How does it work?

The blue-violet beam of light targets the exact layers of sebaceous glands where most acne bacteria reside. It causes the oxidisation of certain chemicals (Porphyrins) within the acne bacteria, breaking down their cell walls.

What happens during the procedure?

You simply lie under a lamp that emits a blue-violet beam

of light for short sessions. Special goggles are worn to shield your eyes from the light. The treatment is painless, so no anaesthetic is needed.

How long does the procedure take?

15-30 minutes per session. You will initially require 2 sessions per week for 4 weeks.

How long will my recovery be and what can I expect?

Recovery is overnight. You may experience temporary pigment changes, slight swelling of the treated areas as well as some skin dryness.

Is there any aftercare?

As we combine Blue Light Therapy with ALA your skin becomes more sensitive to sunlight for about 48 hours afterwards, so it's important to avoid the sun and practise sun protection during this period or you risk burning your skin – this can lead to infection and/or scarring.

This therapy is best combined with a comprehensive skin care regimen of cleansing, exfoliating and restoring the skin balance to keep the pores clean and free from reinfection. The clinicians at The Facial Rejuvenation Clinic will explain this in detail during your treatment session.

How long do the results last?

Following 4 weeks of treatment you should notice mild to significant improvement in your acne condition. Maintenance sessions may be needed, depending on the severity of your acne.

Call us on **1300 88 99 35** to arrange a free, private consultation with one of our highly trained medical clinicians experienced in all skin conditions. During this consultation we will discuss in detail the treatment program best suited to your skin concern and budget.

www.facialrejuvenation.com.au

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