

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

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PHOTODYNAMIC THERAPY WITH BLUE LIGHT

For the treatment of Actinic Keratosis

What is it?

This treatment is now available for people with numerous and/or recurrent actinic keratosis (AK's), or other potentially precancerous skin lesions. It utilizes aminolevulinic acid (ALA), also known as Levulan or Ameluz and the DUSA blue light, a state of the art light treatment. It has been demonstrated to be extremely effective in targeting these lesions in one or two treatments. In a trial study 243 patients:

- 70% remained AK free for 3 months
- Some required a second treatment
- 88% had greater than 75% resolution of AK's

What is the treatment like?

First, your skin is cleansed with a special cleansing solution. Then the Levulan or Ameluz is then applied, and allowed to penetrate for 30-60 minutes. After that time the solution may be washed off depending on which medication was used. Then, wearing special protective glasses, you will sit close to the Blue Light, usually anywhere from 10 minutes to 16 minutes and 40 seconds. You will be given a steroid cream to decrease redness and itch.

Does it hurt?

Most patients have no discomfort at all. There may be some very mild temporary stinging from the cleanser. The Blue light feels warm, not hot. Some patients have more stinging and burning. 1-2 days later crusts may form and area gets red.

How will I look and feel after the treatment?

You won't look very different immediately after the treatment. Over the next 24 hours you will notice some redness and mild swelling, especially where lesions are. Then the lesions will crust. Please use Vaseline at bedtime and sunscreen in the morning. Those areas will continue to react over the next week or two. Your skin may be sensitive, as if it is sunburned. Comfort measures and precautions will be discussed with you prior to your treatment.

How does it work?

The Levulan/Ameluz is a photosensitizer, meaning it makes the skin more sensitive to light, specifically the Blue Light. AK's that have been treated with Levulan/Ameluz are very susceptible to the light, boosting its action, making the combination treatment extremely effective.

Is it safe?

Yes. However, your skin will be extremely sensitive to light for up to 36 hours after the treatment. **It is very important that you stay indoors and avoid sunlight for 48 hours after your treatment.**