

ALA-PDT
Aminolevulinic acid (20%) with Blue Light treatment
Photodynamic Therapy

Levulan (Aminolevulinic acid 20%) is a naturally occurring photosensitizing compound, which has been approved by the FDA to treat pre-cancerous skin lesions called actinic keratoses. Levulan is applied to the skin and subsequently “activated” by specific wavelengths of light. This process of activating Levulan with light is termed Photodynamic Therapy. Photodynamic Therapy improves the appearance of the skin by reducing acne, rosacea, sebaceous hyperplasia, and decreasing oiliness of the skin. It can also improve texture and appearance by minimizing pore size; any pre-cancerous lesions are simultaneously treated. The cosmetic improvement of skin conditions (other than actinic keratoses) is considered an “off-label” use of Levulan and is an out of pocket cost.

The Procedure:

The Levulan will be applied and stay on the skin for a maximum of 60 minutes, unless otherwise specified by your Physician. After the Levulan has stayed on the skin for the specified time the blue light will be placed over the area for a maximum of 30 minutes; this time is dependent on your diagnosis and the recommendation from your Physician. During the treatment a patient may experience intense burning, tingling sensations, and discomfort.

Reminders:

- If you decide to proceed with an ALA-PDT treatment remember to discuss any photosensitizing medications with your doctor prior to the appointment.
- If you tend to get cold sores please inform us so that we may pre-treat you for prevention purposes.
- Your appointment can take up to 90 minutes so please plan accordingly.

Post Care:

- UV exposure should be avoided as much as possible for 48hours. SPF 30 UVA/UVB protection is advised.
- It is normal for the patient to experience redness, swelling, peeling, and or sensations similar to mildly sunburned skin.
- Gentle skin cleanser and moisturizers are recommended for post care.
- Avoid any topical exfoliants/irritants such as: Alpha Hydroxy Acids, Glycolic Acids, Retin-A, Differin, Tazorac, Ziana, Salicylic Acid, Alcohol, Benzoyl Peroxide, etc.

Please remember you may contact us if you have any questions or concerns.

Centreville: 703-222-2773

Sterling: 703-450-5959