

PDT (photo dynamic therapy) is a treatment used to improve dull, damaged skin, reduce active acne, and treat precancerous spots (actinic keratosis). PDT is renowned for removing many early precancerous cells in the treatment area without leaving scars.

This non-surgical treatment improves overall skin health as well as the appearance in any area of the face or body.

BENEFITS

- Works on all skin types
- Very safe and no scarring
- Therapeutic and cosmetic improvement

HOW IT WORKS

A solution called Levulan, which is a photosensitizer, is applied to the skin surface and left on anywhere from 1 - 4 hours. The prescribing doctors will determine the precise time. Once the incubation time is complete, the Levulan solution is then activated by our special blue light therapy for about 20 minutes.

WHAT TO EXPECT

Your visit to the UAB Cosmetic Dermatology and Laser Clinic for PDT will take 2 - 5 hours and is dependent on your incubation time. The PDT can also be paired with the IPL Photorejuvenation treatment as an added bonus to address stubborn pigmentation.

RESULTS

You will have approximately 48 hours of redness that resembles a sunburn. Cold vinegar compresses can be applied for comfort. After 48 hours, the redness will start to subside, and the abnormal cells will gradually peel and slough off over the next few days. A light exfoliation can be done on day 5 to smooth the skin.

RECOMMENDED SESSIONS

One treatment every month until any questionable skin lesions have cleared up, with annual maintenance if you are at a high risk for skin cancers

POSSIBLE DOWNTIME

- Redness for two days, with the treated cells turning brown and exfoliating over the next 5 days

POST-TREATMENT CARE

- Avoid sun exposure and makeup application for 3 days post-treatment. Any sun exposure should be done wearing SPF 50 or greater and a wide-brimmed hat.