

PHOTO DYNAMIC THERAPY (PDT)

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Photo dynamic Therapy (PDT) is a revolutionary new way to treat sun damaged blemished and aged skin on all areas of the body. PDT allows doctors to treat a range of skin conditions in a speedy, relatively painless and affordable way with minimal side effects and downtime.

PDT has exceptional cosmetic results for sun damaged and aged skin, large pores, and fine lines. PDT is also very effective in bringing new life to aged skin in areas that in the past have been hard to treat such as the décolletage, arms, hands and legs.

How does PDT work? – A naturally occurring lotion called 5-ALA is applied to the affected area (eg face, arms, scalp etc). When applied to the skin, 5-ALA is absorbed into abnormal or damaged cells. Once absorbed, a light source is focused on the treated area for a period of time. When exposed to light, the abnormal skin cells are destroyed to reveal new, fresh, healthy skin cells.

Optimising your PDT results? – To get the best results from PDT, follow the allmedic™ pre PDT treatment programme for at least two weeks prior to your first treatment.

Wash / Cleanse – Remove dirt and grime, and make up with allmedic™ Face and Body Cleanser, twice a day.

Exfoliate / Repair – Remove dead, dry, flaky skin cells with the allmedic™ Face and Body Repair. For best results use in conjunction with the allmedic Skin Rejuvenator.

Remember it's never too late to repair and protect your skin.

What happens post-treatment?

1st & 2nd day – extreme sensitivity to light so keep indoors as much as possible.

3 – 5 days - The treated skin will be red and tender and may peel, scab and flake off. This is a normal result and means the treatment has worked by destroying damaged skin.

6 – 9 days – Redness starts to disappear. Skin may still feel itchy, tight or uncomfortable but is starting to heal.

10 – 14 days – Healed, healthy, smooth, clear skin will be revealed.

Your Doctor may recommend follow up PDT treatments for optimal results.

Post treatment skin care ? – **PHOTOSENSITIVITY** - After treatment you will be sensitive to light for a period of 24-48 hours. It is important during this period that your exposure to the sun be avoided. For the best protection outdoors, wear a legionaries hat post procedure for any treatment above the shoulder and long sleeved shirt and pants for other parts of the body. Keep your skin maintained and protected post treatment with products recommended by your Doctor.

Downtime – Signs of redness, peeling and scabbing are all indicators of a successful treatment PDT targets damaged cells. Due to photosensitivity and appearance of your skin it is recommended you rest at home for at least 24 hours.

Other Possible effects – Tingling, burning, mild swelling and tight uncomfortable skin are all normal effects of PDT. As with any medical procedure, if you are concerned about your post treatment, contact the clinic immediately. No long term side-effects have been reported with PDT.

Protect and Maintain – 2 weeks after your final PDT treatment restart your maintenance regime. Protect your new skin with allmedic™ medical grade skin repair.

Things you should know – Before you undergo PDT make sure you tell your Doctor about any medications you are taking especially Roaccutane and/ or Tetracyclines. If you have a history of cold sores (herpes simplex 1) you may need to take prophylactic treatment prior to your PDT treatment.

Why allmedic™ PDT is a great option

- Minimal side effects and down time.
- Healing is usually rapid.
- It provides excellent cosmetic results.
- Scarring has never been reported.
- There is no systemic reaction.
- Can be repeated if necessary.
- Does not prevent you from undergoing any other cosmetic, medical or surgical procedures in the future.

Our greatest asset is our staff. Our warm and friendly reception staff are professional and reassuring nurses and our efficient management team that keep the wheels turning!