

Blue-U Blue Light Photodynamic Therapy Information

WHAT IS PHOTODYNAMIC THERAPY?

Photodynamic Therapy is the use of light-activated medications which produce single oxygen to treat diseased tissues. The drug undergoes a chemical reaction when light of a particular wavelength and intensity is applied, resulting in a therapeutic effect. The BLU-U is not a laser. Lasers deliver light as coherent beams, while the BLU-U delivers incoherent light scattered over a larger area.

WHAT DOES IT TREAT?

Levulan plus Blue Light illumination is indicated for the treatment of minimally to moderately thick actinic keratosis of the face or scalp. Actinic keratosis (AK's) are rough-textured, dry, scaly patches on the skin that can lead to skin cancer. The BLU-U can also help manage acne.

WHAT IS BLU-U WITH LEVULAN?

Photodynamic Therapy (PDT) is a special treatment performed with a topical photosensitizing medication called Levulan™ activated with high intensity blue light. This treatment targets oil glands by shrinking them - minimizing pores and effectively treating stubborn acne and Rosacea. It reduces redness and inflammatory acne. It does not treat comedones, white and black heads, which we recommend facials with extractions to address this precursor condition to acne. We most commonly use it to remove pre-cancerous lesions called actinic keratoses.

WHAT CAN I EXPECT DURING THE TREATMENT?

Levulan™ is applied topically to the whole area to be treated and is left on for about 30 to 60 minutes, possibly longer depending on the area. You are then seated in front of a BLU-U™ light box for up to 16 minutes. BLU-U™ Levulan™ acne treatments also can be performed on chests, and backs.

WHAT CAN I EXPECT AFTER THE TREATMENT?

You must avoid sun exposure for 48 hours following treatment and wear sunscreen, all skin care products should be approved by the physician/provider you are seeing. The most common side effects include scaling/crusting, skin discoloration, itching, stinging, and/or burning, redness, and swelling. Severe stinging and/or burning at one or more lesions being treated was reported by at least 50% of patients at some time during the treatment.

HOW DO I SCHEDULE AN APPOINTMENT?

A medical provider in our office must see you for an office visit and then recommend you to have this type of appointment. Once this is done, you will be able to set up a consultation with our esthetician who will go over the procedure in depth. After verifying your insurance coverage we will then be able to set you up for your actual treatment.

To reduce the risk of scarring please see the back of this information sheet for a list of Photo Sensitivity Medications that can affect the outcome of your treatment. Please ask your consultant or your provider for details.

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POTENTIALLY PHOTOSENSITIZING MEDICATIONS

Accutane	Fansidar	Periactin
Actidil	Flexeril	Permitil
Achromycin	Folex	Pertofrane
Adreueil	Fulvicin U/F	Phenergan
Aldactazide	Gantanol	Phisobex
Aldoclor	Garamycin	Polaramine
Aldoril	Glucotrol	Prolixin
Ambenyl	Grissactin Ultra	Quindex
Ancobon	Haldol	Quinidine
Apresolene-Esidrix	Hibiclens	Quinine
Aquatenson	Hispril Spansule	Rauzide
Asendin	Hydromox	Renese
AzoGantanol	Hygroton	Ru-Tuss II Capsules
AzoGantrison	Inderide	Sedane
Azulfidine	Intal Inhaler	Spptra
Bactrim	Intron A	Ser-Ap-EA
Bainetar	Lasix	Serentil
Barbituates	Librium	Serepasil
Capoten	Limbitrol	Sinequan
Cesamet	Lozoi	Sparine
Cipro	Ludiomil	Stelazine
Clinoril	Marplan	Sumycin
Compuzine Danocrine	Maxzide	Sumontil
Dapsone	Minocin	Tacaryl
Decloycin	Moduretic	Taractan
DeconamineDiabeta	Motrin	Tavist
Diabinese	Mykrox	Tegretol
Dilantin	Naquival	Temaril
Dimetane	Naturetin	Tenoretic
Diutensen-R	NegGram	Teramycin
Dyazide	Neptazane	Thalitone
Dyrenium	Normozide	Thorazine
Elavil	Norixin	Timolide Tofranil
Endep	Norpramin	Tolazamide
Enduronyl	Optimine	Tolinase
Esidrix	Oreticyl	Trandate HCT
Esimil	Onade Spansule	Triaminic TR
Estar Gel	Orudis Capsules	Vaseretic
Etrafon	Pamelor	Vasotec Tablets
Exna	Pediazole	Velban & Vivactil