

Protocol

Blue Light / Red Light LED Treatment

Blue Light LED (415 nm) and Red Light LED (633 nm)

Indications:

- High porphyrin load with presence of significant inflammation
- Previous positive response to blue light treatments
- Patients with low compliance history

Treatment Goals/Monitoring

- In general, most patients have a good response. If they do respond, an improvement can be seen as early as the fourth treatment. Standard treatment protocol is 8 – 11 treatments, occurring two per week.
- Improvement is delayed. Clinical studies have shown that:
 - » 45% of patients see optimum clearance four weeks after the final light treatment.
 - » 38% achieve best results eight weeks after the final light treatment.
 - » 17% reach their optimal result twelve weeks after the final light treatment.
- If response is less than adequate, consider adding Aramis™ therapy.

Protocol:

1. Cleanse the skin with glycolic or lytic facial wash to remove makeup, pollutants and all product residues from the skin.
2. Fit the safety goggles to ensure that the pupils are protected from direct illumination. Instruct the patient to close their eyes.
3. Position Blue Light LED or Red Light LED around the face, making sure that the LED panels are between 1– 4 cm from the skin surface.
4. Activate the unit. The required dose is 48J/cm² for Blue Light LED and 126J/cm² for Red Light LED; 20 minutes treatment time for each.
5. The treatment course is typically two treatments per week for four to six weeks, 8 – 12 treatments total. Start with Blue Light LED, switch to Red Light LED for the second treatment, then back to Blue Light LED for the third, etc.
6. Follow-up appointment is recommended 4 weeks after the final light therapy session.

Concomitant Therapy

- All patients should be using the Skinceuticals, ZO or Biopelle skincare products.
- Topical retinoids, if clinicians elect to use them, should be withheld for one to two days before and after each Red/Blue Light LED treatment.
- Unless it is contraindicated, all patients on Red/Blue Light LED should receive Dynamis SmoothMode every two treatments. This will clean out the pores, facilitating the Red/Blue Light LED to kill bacteria, thus potentiating each procedure.
- Dependent on skin sensitivity and patient response, clinicians can evaluate each patient to determine whether acid peels should be combined with microdermabrasion.
- All patients should have moisturizer and sunblock applied after each treatment.
- Photosensitive medications (in particular, antibiotics) and OTC products should be withheld while patient is receiving Red/Blue Light LED therapy.

Adjustments

- Music and a relaxing environment are helpful, especially for patients with concerns about treatment discomfort. In general, no staff is needed during the time Omnilux™

treatment is being administered. Patients often comment that the treatments are soothing, feeling much like relaxing at the beach.

- In isolated cases, pretreatment with pain medications (acetaminophen or ibuprofen) may be helpful, particularly with adolescent patients.
- Adverse effects are rare. Patients should be monitored for:
 - » Hypo/hyperpigmentation
 - » Pain
 - » Erythema, redness
 - » Heat injury (blisters, etc.)
 - » Initial concerns about the brightness of the red light need to be addressed while creating their expectations
 - » Eye sensitivity to the light can sometimes be a concern; as long as proper eyewear is in place there is little risk of eye damage, but patients may perceive a slight increase in eye sensitivity for a few minutes after the procedure.
 - » Certain patients can have a claustrophobic feeling because of the closeness of the light fixture.