

DOWNTIME

Signs of redness, peeling and scabbing are all indicators of a successful treatment. PDT targets damaged cells - so the more scabbing and peeling, the more effective the long term results. Due to the photosensitivity and appearance of your skin it is recommended you rest at home, in a darkened environment for at least 24 hours. You may want to stay at home for the first 48 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 skin post treatment, contact your clinic immediately. No long term side-effects have been reported with PDT.

PROTECT & MAINTAIN

2 weeks after your final PDT treatment restart your maintenance regime. Protect your new skin with allmedic™ medical grade skin repair and protection products - everyday.

Other things you should know

Before undergoing 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.

allmedic PDT - why it is a great option

- Minimal side effects and down time
- Healing is usually rapid
- It provides an excellent cosmetic result.
- Scarring has never been reported.
- There is no systemic reaction.
- The treatment is able to be customised to your individual needs (especially cost vs downtime).
- Can be repeated if necessary.
- Does not prevent you from undergoing any other cosmetic, medical or surgical procedures in the future.

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

Photodynamic Therapy is available at:

allmedic™

Clinical Skin Repair

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Clinical Skin Repair

Photodynamic Therapy



Clinical Skin Repair

Photodynamic Therapy (PDT) is a revolutionary new way to treat sun damaged, blemished and aged skin on all areas of the body. By using PDT's non-invasive light technology, Doctors can now treat a range of skin conditions in a fast, relatively painless and affordable way with minimal side effects and downtime.

Who benefits from PDT?

PDT has many benefits for your skin to help improve the overall health, look and feel of your skin.

COSMETIC BENEFITS

PDT provides exceptional cosmetic results for sun damaged and aged skin, rosacea, acne, large pores, fine lines, pigmentation and skin discolouration. 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 or m-ALA is applied to the affected area (eg face, arms, scalp etc). When applied to the skin, 5 ALA or m-ALA is absorbed into abnormal or damaged cells. Once absorbed, an LED, IPL or laser 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 program for at least two weeks prior to your first treatment:

WASH / CLEANSE

Remove dirt, grime, and make up with allmedic™ Face & Body Cleanser, twice a day.

EXFOLIATE / REPAIR

Remove dead, dry, flaky skin cells with the allmedic™ Face & Body Repair. For best results use in conjunction with the **allmedic** Skin Rejuvenator.

PROTECT

Apply the allmedic™ daily face and body moisturiser **with sun protection** to all exposed areas of the body.



Before PDT

6 weeks post treatment

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 cells.

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 and all forms of light including bright house lights, shopping centre lighting and even light through a car window be avoided. For the best protection outdoors, wear the specially designed allmedic™ legionaries hat post procedure for any treatment above the shoulders and long sleeved shirts and pants for other parts of the body. Keep your skin maintained and protected post treatment with allmedic™ products as recommended by your Doctor.