

Acne Protocol

1. 15 minutes twice weekly or 30 minutes once weekly under the BLU-U alone. There are no side effects with this treatment, and efficacy is about 50% reduction in lesions for papular-pustular acne.
2. A far better treatment is to use Levulan with the BLU_U: First, wash the face with soap and water and then degrease the skin with an acetone scrub or perform microdermabrasion. Then apply one Kerastick of Levulan over the entire face and allow it to incubate for 30 minutes. Then place the patient under the BLU-U for 8-10 minutes with the facial skin 10 cm from the light source. There will be no pain with this treatment. However, the patient must stay away from sunlight for 24 hours. Remember to wash off the Levulan with soap and water and perhaps a second acetone wash AFTER the BLU-U exposure. Treatments can be repeated every 2-4 weeks. The patient will experience redness and perhaps some peeling for 3-7 days. HYdrocortisone 1% cream QID will help post-treatment.