

allmedic™ PDT - 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. Preferably for the first 48 hours.

Other possible effects

Tingling, burning, 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. Long term side-effects are very uncommon with PDT. Please discuss with your Doctor.

Protect & Maintain Every Day

2 weeks after your PDT treatment restart your maintenance regime. Protect your new skin every day with **allmedic™** clinical grade skin repair and protection products.

Other things you should know

Before undergoing PDT make sure you tell your Doctor about any medications you are taking especially Roaccutane and/or Antibiotics. If you have a history of cold sores (herpes simplex) you may need to take prophylactic treatment before your PDT treatment to prevent an outbreak.

allmedic™ PDT - why it is a great option

- Minimal side effects and down time.
- Healing is usually rapid.
- It provides an excellent cosmetic result.
- There is no systemic reaction.
- The treatment is able to be customised to your individual needs.
- Can be repeated if necessary.
- Does not prevent you from undergoing any other cosmetic, medical or surgical procedures in the future.
- Offers a real alternative for severe acne sufferers.

Photodynamic Therapy is available at:

Merimbula Medical Centre
77 Merimbula Drive
Merimbula, NSW, 2548
Ph: 02 64951369
admin@merimbulamedicalcentre.com.au



allmedic™
Super ContourFlex
LED Machine

Phone 1300 652 969

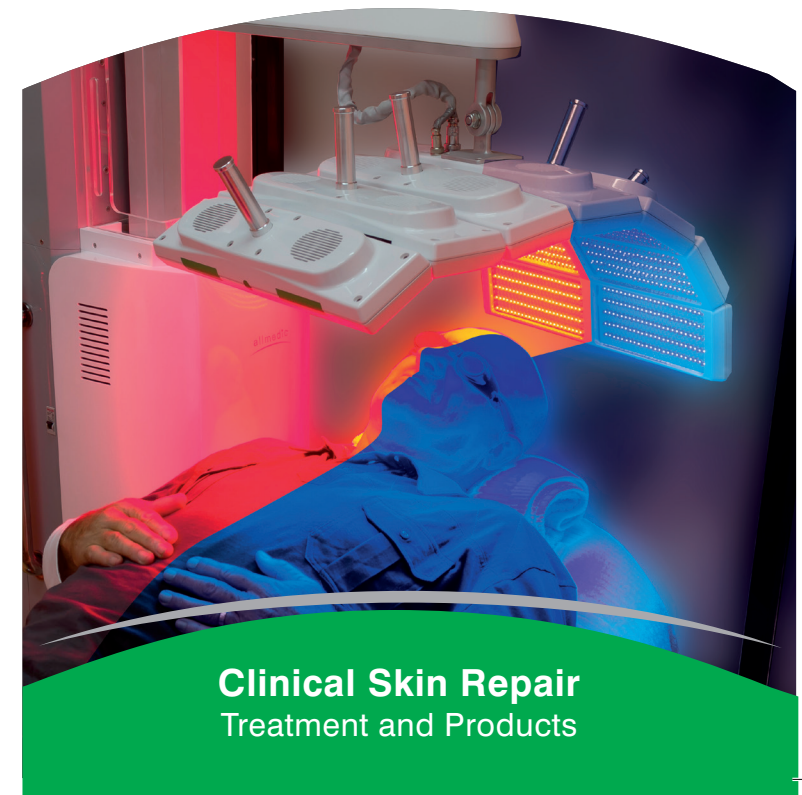
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Doctor Designed,
Developed & Recommended

Photodynamic Therapy



Clinical Skin Repair
Treatment and Products

What is PDT?

Photodynamic Therapy (PDT) is a unique 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 and affordable way with minimal side effects and downtime.

PDT Benefits

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

PDT provides significant cosmetic benefits for sun damaged and aged skin, rosacea, acne, large pores and skin discolouration due to sun damage.

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 chest, arms, hands and legs.

How does PDT work?

A naturally occurring substance called ALA is applied to the affected area (eg face, arms, scalp etc). When applied to the skin, the ALA is absorbed into abnormal or damaged cells, bacteria and oil glands

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, containing the ALA, are selectively destroyed to ultimately reveal fresh, healthy skin cells, less acne, less sun damage and improved skin texture.

Optimising your PDT results?

To get the best results from PDT, please use the following **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 or non soap bar, 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™** 50+ SPF moisturising sunscreen every day to all sun 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 and keep treated skin covered and out of sunlight.

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 return to normal.

10 - 14 DAYS

Healed, healthy, smooth, clear skin will be revealed.

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

Post Treatment 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™** legionnaires hat post procedure for any treatment above the shoulders and long sleeved shirts and pants for other parts of the body. Maintain and protect your skin every day post treatment with **allmedic™** products as recommended by your Doctor.