**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.

**Photodynamic Therapy**

- 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:

Phone 1300 652 969
www.allmedic.org.au
www.facebook.com/allmedic

**allmedic™ PDT - why it is a great option**

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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 (e.g., 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.

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.

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