



LASERS

A LED BLUE LIGHT DEVICE WITH SPECIFIC PHOTOCONVERTER CROMOPHORES COMBINED WITH SYSTEMIC DRUGS: EFFICACY AND SAFETY IN THE TREATMENT OF MODERATE TO SEVERE ACNE.

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Introduction: A LED blue light device (415/446 nm), using specific photo-converter chromophores contained in a gel (LED/gel), has been described in the treatment of acne. However, the combination of this treatment with systemic drugs has not been described.

Objective: To describe the efficacy and safety of the combination of LED/gel with systemic drugs such as low-dose isotretinoin or tetracycline in moderate to severe acne.

Materials and methods: A total of 30 patients (Investigator's Global Assessment, IGA 3 and 4) were enrolled. Efficacy was assessed through changes in acne severity using IGA scale and inflammatory acne lesion counts, both evaluated against baseline at week 6 and 12 while safety was estimated through the evaluation of adverse events.

Results: A reduction in IGA scale severity was demonstrated at week 6 and 12. The reduction of acne inflammatory lesion counts confirmed these results. Treatment was considered safe and well tolerated, with no serious adverse events.

Conclusions: Interestingly, our results seem to support the combination of the LED/gel treatment with tetracycline or low-dose systemic isotretinoin in moderate to severe acne. Although these are well known photosensitizing drugs, their use do not seem to negatively interfere with LED/gel treatment but strongly enhance the its efficacy, safely.

