

# LED Therapy for Treatment of Mild-Moderate Acne

## Frequently Asked Questions

**Q: How does LED Light Therapy work to clear up acne?**

A: P. Acnes, the bacteria responsible for causing acne inflammation, multiply in the sebaceous glands that surround hair follicles. They pump out tiny molecules called porphyrins. When these porphyrins are exposed to **blue light**, they create oxygen molecules that destroy the bacteria. The **red light** has anti-inflammatory and healing effects on the skin. Research done by David Olszewski, author of "Light Years Ahead" has shown that skin heals almost 200% faster when exposed to red light helps to heal the acne lesions.

**Q: What are some of the benefits of LED Light Therapy?**

A: 100% natural and non-invasive  
Drug free  
Very few adverse side effects (see below)  
Safe for all ages  
Painless  
No down time

**Q: Will LED Light Therapy work for me?**

A: LED Light Therapy is effective for about 85% of people.

**Q: What kind of results can I expect?**

A: Results vary by individual. You should start to notice results within the first two weeks on consistent treatment. After 4 weeks of treatment most people notice about 60% reduction in visible acne. After 12 weeks most people experience 76% clearing of acne lesions.

**Q: How long can I expect the results to last?**

A: Reported remissions from acne lasted as long as three to eight months.

**Q: Will LED Light Therapy cause sunburn or skin cancer?**

A: There is no Ultraviolet (UV) radiation, so there is no risk of sunburn or skin cancer.

## Precautions

- Do not use LED Light Therapy if you are taking medications that cause photosensitivity.
- You must wear the protective goggles during your treatment.
- LED Light Therapy is not recommended during pregnancy

**Q: Does LED Light Therapy have FDA approval?**

A: Yes, the FDA approved LED Light Therapy for acne in August 2002.

**Q: Is this covered under my medical insurance?**

A: LED Light Therapy is considered "cosmetic" and therefore not covered by insurance.