

Fluorescent light energy (FLE), current management of acne

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BACKGROUND

- Acne vulgaris is a chronic inflammatory disease of the pilosebaceous unit and it is observed equally in both sexes and nearly all races. Despite that fact, that well elaborated guidelines for the treatment of acne exist, we still see ourselves confronted with moderate to severe acne cases with unsatisfying treatment results.
- The aim of our study was to evaluate the efficacy of an alternative fluorescent light energy-based acne treatment (FLE-Tx) – outside the international guidelines – in order to examine its consideration as a further standard procedure. In a retrospective study we evaluated 98 patients who received each 12 treatments.



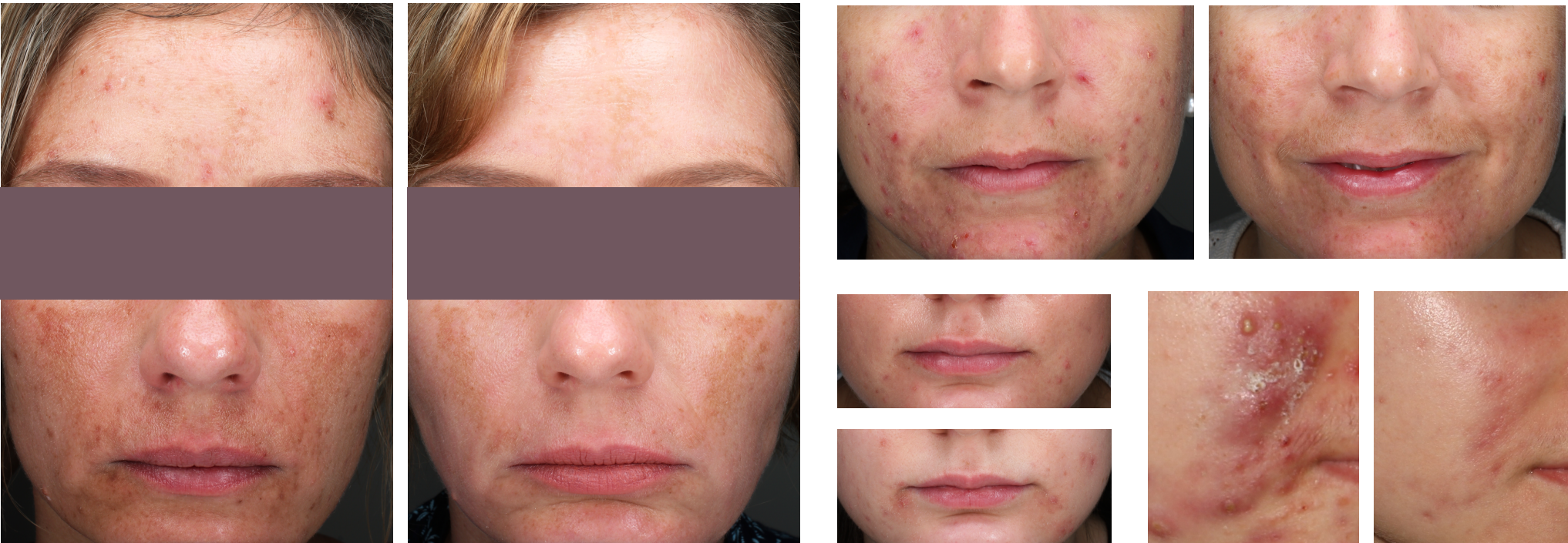
Picture shows the Kleresca® biophotonic platform comprising the chromophore containing photoconverter gel (left) and the multi-LED lamp - 415 and 447nm (middle). A 2-mm thick layer of gel is applied to the patient's face and illuminated for 9 min with the LED lamp (right).

METHOD

- During the period of May 2016 to July 2018 we performed in total 1176 FLE-Tx on 98 patients over the age of 16 years with moderate to severe acne. As the FLE-Tx treatment are not insurance covered in Switzerland merely patients with the following criteria decided to choose the FLE-Tx:
 1. Non-responders to isotretinoin treatment (minimal treatment time 6 months),
 2. Patients with absolute or relative contraindications against Isotretinoin treatment (e.g. patients with history of depression, high cholesterol, creatinine kinase increase during Isotretinoin treatment, thrombosis).
- Our treatment protocol consists of twelve treatments conducted twice a week for six weeks using the Kleresca acne treatment according to manufactures instruction for use.

RESULTS

FLE Decreases Inflammation and Improves and control the acne



CONCLUSIONS

- These cases support the use of FLE as a new therapeutic approach to treat acne patients where other treatments have failed to be effective.
- The treatment shows a reduction of inflammatory lesions and associated redness. Once inflammation have resolved, a visible overall enhancement of the skin's texture and visibly faded acne scarring is observed.
- These cases support the use of FLE as a new therapeutic approach to difficult to treat debilitating inflammatory skin conditions.