

What is blue light therapy?

Blue light therapy is a therapy that uses several light waves with a high intensity. These light waves have their own unique effect on the different layers of the skin. It has a stimulating effect on the circulation of the skin and on the cells that help create and maintain collagen and elastin. It also destroys the P. acnes bacteria, which causes the acne. Blue light therapy is a very simple and natural therapy that is suitable for all skin types. There are no expected side effects such as pain or sunlight hypersensitivity (that can be seen when using antibiotic tablets).

When is blue light therapy an option?

This therapy is intended for people with various conditions, including:

- Acne
- Rosacea
- Perioral dermatitis

After consultation with the dermatologist we will determine whether you are suitable for this therapy.

Duration of treatment

The duration of the treatment is 20 minutes. The frequency of treatments depends on the severity of the skin disorder. For example the frequency can be 1 time per week during 4 weeks.

Prior the treatment

Your skin will be cleaned, impurities are removed, if needed in combination with

peeling. Damaged cells of the upper skin layer are removed and the skin will then be more accessible for the light of the treatment.

During the treatment

The skin will be treated for 20 minutes with the blue light lamp. You are wearing special goggles to protect your eyes. But you will also be asked to close your eyes. During the treatment your skin will feel some warmth. The procedure is painless

After the treatment

After the treatment a medical cream will be gently applied to your skin. The cream is prescribed after consultation with the dermatologist. If you had a peeling prior to the light therapy treatment, the skin may be red. This usually disappears after a few days.

Side effects

During the therapy your skin will feel minimal warmth. Some redness can occur. This redness usually disappears after a few hours or days.

Blue light therapy



More information

If you have more questions or comments after reading this leaflet, please feel free to contact us.

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