

Photo Dynamic Rejuvenation (PDR)

What is PDR?

PDR is a multi-stage procedure that involves skin application of a light sensitive chemical called ALA followed 1 hour later by application of intense pulses of light (IPL). This combination is known to result in superficial heating of the skin leading to peeling and rejuvenation. Often times the PDR will be preceded by application of Efidix cream for 7 days in order to enhance the rejuvenation effects.

What is PDR used for?

Sun related ageing of the face with uneven pigmentation, freckling, broken capillaries and superficial sunspots is the most usual indication for PDR. In this case PDR can eliminate the sun damage and freshen, smooth and give the skin a more vital appearance.

How will I know is PDR is best for me?

Your doctor will recommend the treatment if appropriate.

What is the chance of the skin deterioration again following PDR?

Multiple PDR treatments may be required to obtain optimal results. Once satisfactory results are achieved it is essential that sun exposure is minimized to reduce the risk of deterioration. The rate of improvement with PDR is high but excessive sun exposure following the treatment will lead to the problem recurring.

So what is actually involved with the PDR treatment?

Depending on the severity of your sun damage you may be prescribed Efidix cream to be applied every morning for 7 days. By the 7th day your skin may be starting to develop redness and inflammation at the sites of any sunspots. This prepares the skin for the PDR and increases the response particularly of the sunspots.

On the 8th day you will attend Oxford Day Surgery where the ALA cream will be applied by the nurses and you will sit for 1 hour in our Day Surgery Recovery Room. One hour later the cream is removed and the entire area treated with IPL which for the face takes about 10 minutes. As this part can be painful, a very cold air is blown across the treatment site to cool the skin and relieve any pain.

What can I expect after the treatment and how do I manage it?

Some burning discomfort, swelling and redness occurs after treatment. Application of ice packs can give relief. Panadol may be required. The skin will remain red and swollen for 1-2 days and will develop light

scabbing. Application of moisturizer such as Cetaphil cream helps the peeling and is soothing. By 5-7 days most of the peeling should be over and the skin will look smooth pink and fresh and can be covered with makeup. It is essential to avoid sun exposure as much as possible for the first 1-2 weeks and to use sunscreens if going outdoors after all the peeling has occurred.

Is the treatment covered by Medicare or my Private Health Fund, what is the cost?

Unfortunately the only refund received will be for the consultation on the day of the PDR. The rest of the treatment is not covered. Additional costs include the creams. Your doctor will provide a detailed quote.

