

Photorejuvenation of facial skin with topical 20% 5-aminolevulinic acid and intense pulsed light treatment: a split-face comparison study.

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Author information

Abstract

BACKGROUND:

Photorejuvenation of facial skin has been reported after intense pulsed light (IPL) therapy alone and in conjunction with topical 5-aminolevulinic acid (5-ALA), but no comparative studies between these regimens have been performed.

OBJECTIVE:

To evaluate the safety and effectiveness of combination topical 5-ALA and IPL compared to IPL treatment alone.

METHODS:

Ten patients with mild to moderate photodamage were randomly assigned treatment with 5-ALA + IPL on one facial half and IPL alone on the contralateral side. Two treatments were delivered at 4-week intervals. Clinical improvement scores were determined by masked evaluations of digital photographs obtained at baseline, prior to each treatment session, and at 1, 3, and 6 months after the final treatment.

RESULTS:

Higher clinical improvement scores were noted on the combination 5-ALA + IPL treated areas. Mild edema, erythema, and desquamation were observed on the facial halves where 5-ALA was applied. No scarring or unwanted pigmentary alteration was seen.

CONCLUSIONS:

Photodynamic therapy with combination topical 5-ALA + IPL is safe and more effective for facial rejuvenation than IPL treatment alone.

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