

# **Dermatology Associates of Central NJ**

## **Acne Blue Light Therapy Informed Consent**

The Clear Light system is a unique new therapeutic light that treats moderate inflammatory acne using the innovative Acne Photo Clearing (APC) technology. This technology (i.e., APC), destroys the most common bacteria that causes acne easily and quickly. Clear Light effectively clears most moderate inflammatory acne in four to Seven weeks.

### **Is Clear Light Safe? Are there any side effects?**

Clear Light is one of the safest acne treatments available. Its APC technology uses light that is UV-safe. There is no ultraviolet radiation present, thus it's safer than sun-light. With Clear Light, there are no known side effects. However, many traditional acne treatments have a variety of side effects. For example, topical therapies such as creams and lotions often cause redness, irritation, and peeling. Oral therapies (e.g., acutance, antibiotics) have some well-known side effects as well. Topical and oral therapies often require at least 3 months of continuous treatment; conditions usually worsen before improving.

### **Who can be treated by Clear Light?**

Almost anyone can be treated by Clear Light as it has proven to be very effective on moderate inflammatory acne. Pregnant women and people with photosensitivity, however, should consult with our Dermatologists, before beginning a treatment plan. Each patient with a history of acne will benefit from an individualized program which may utilize multiple modalities of treatment to improve outcome and long-term results. What happens during Clear Light treatment? Does it hurt? With Clear Light, a typical treatment session takes only 20 minutes. You lie comfortably while the therapeutic light is applied. Patients sometimes feel a slightly warm sensation. Most of our patients describe their Clear Light treatments as relaxing, easy, and most importantly safe and painless. If you wish, bring your iPod or listen to our music during your treatment session.

### **How many treatments are required?**

Our physicians can tell you about the treatment plan that is right for you. It will involve a series of Clear Light treatment sessions, typically twice a week for 4 weeks. It is important to keep the appointments recommended by the doctor. By following the treatment plan prescribed for you, you will see maximum results and enjoy clearer skin with Clear Light. This photodynamic therapy is often paired with an acne facial for a more effective anti-acne treatment.

I have reads the above information and understand it. My questions have been answered satisfactorily by the doctor and his staff. I accept risks and complications of this procedure. By signing this consent form I agree to have the Blue Light treatment.

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Patient/Parent or Guardian Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date