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Abstract

Original Contribution

The use of light-emitting diode therapy in the treatment of photoaged skin

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Dr Baez acted as the principal investigator in the trial. All subjects were screened, treated, and reviewed under supervision of Dr Baez.

Dr Reilly collated data from all subjects in the trial and structured write up of the clinical work.

Summary

Background Light-emitting diode (LED) therapy is an increasingly popular methodology for the treatment of sun damage. Combination use of light wavelengths reported to stimulate collagen synthesis and accelerate fibroblast–myofibroblast transformation may display a composite rejuvenative effect.

Objective To clinically assess reduction in sun damage signs following a 5-week course of LED therapy and to assess subject's perception of the treatment.

Methods Thirteen subjects with wrinkles or fine lines in the periorbital and nasolabial region and those presenting Glogau scale photodamage grade II–III received nine 20-min duration light treatments Sun-damage reduction was assessed at 6, 9, and 12 weeks by clinical photography and patient satisfaction scores.

Results The majority of subjects displayed "moderate" (50%) or "slight" (25%) response to treatment at investigator assessment. Treatment of the periorbital region was reported more effective than the nasolabial region. At 12-week follow-up, 91% of subjects reported improved skin tone, and 82% reported enhanced smoothness of skin in the treatment area.

Conclusion Good response to LED therapy has been shown in this modest sample. Larger trials are needed to assess optimum frequency of light treatments and overall treatment time.

- E. Victor Ross. (2007) Nonablative laser rejuvenation in men. *Dermatologic Therapy* **20**:6, 414–429

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