

Correspondence

A photoconverter gel-assisted blue light therapy for the treatment of rosacea

Dear Editor,

With great interest we have read the article of Antoniou *et al.*¹ regarding the efficacy of a new photoconverter gel-assisted blue light therapy (PALT) for the treatment of acne. In this context, we have applied the PALT-system off-label to several rosacea patients.

Shown is one representative case of a 62-year-old woman with papulopustular rosacea. Treatments with topical metronidazole- and ivermectin-containing ointments did not lead to a satisfying control of the papulopustular inflammation within the T zone (Fig. 1a). We applied the photoconverter chromophore gel (Kleresca[®] SKR-treatment) on the patient's face and subsequently treated with a blue light-emitting multi LED-lamp (447 nm) for nine minutes (Kleresca[®], Balerup, Denmark). The treatment was repeated four times once weekly. No other medication was applied during and after treatment. The patient developed a mild erythema immediately after the first treatment, that regressed 1 week after the final session. After 5 weeks, the patient showed a marked reduction of the inflammatory reaction and an overall improvement of the large-pored skin type (Fig. 1b).

Rosacea is a very common, often underdiagnosed, chronic inflammatory skin disease, which usually manifests in middle-

aged women. Long-term treatment with a combination of both topical and systemic therapeutics is often necessary to control the disease, but not all patients do tolerate or do accept systemic treatment. The PALT-system has the CE mark for the treatment of acne and skin rejuvenation. A "biophotonic" mode of action via the induction of photomodulation to the skin by the transfer of energy has been described,² but the exact underlying mechanism is still not fully understood. Our observations suggest that PALT may also function as a new topical, nonsystemic option for the treatment of papulopustular rosacea.

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Figure 1 62-year-old patient with papulopustular rosacea (a) 5 weeks after four treatments once weekly with a chromophore gel-assisted blue light phototherapy, the patient showed a marked reduction in the inflammatory reaction within the T zone (b).

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References

- 1 Antoniou C, Dessinioti C, Sotiriadis D, *et al.* A multicenter, randomized, split-face clinical trial evaluating the efficacy and safety of chromophore gel-assisted blue light phototherapy for the treatment of acne. *Int J Dermatol* 2016; **55**: 1321–1328.
- 2 Nielsen ME, Devery E, Jaworksa J, *et al.* Introducing: photobiomodulation by low energy chromophore-induced fluorescent light. Mechanisms of Photobiomodulation. Poster session presented at: SPIE Photonics West BIOS conference, 2017 January 28 –February2, San Francisco, CA.