



What does ALA Laser Treat?

Aminolevulinic acid (ALA) combined with laser light therapy is a safe and effective treatment for acne that has been unresponsive to the more usual therapies. Acne has many causative factors including bacterial infection, changes in the sebaceous gland (oil gland) function, as well as genetics. If oral antibiotics or oral retinoids have not helped or are not indicated, ALA treatment is an option that can give significant, long-lasting results.

What is ALA and how does it work?

ALA is produced naturally in our bodies. It has been found to have a photo-sensitizing effect. This means that after application, light triggers a more intense reaction.

What does a treatment consist of?

In a typical treatment session, ALA is applied to the skin after adequate cleaning and preparation. It is allowed to “incubate” for approximately 3 hours after which time it is washed off. The skin is then treated with the laser. Because the skin has been “sensitized”, the laser light is significantly more effective at treating acne. Not only are the bacteria killed, but the sebaceous glands are altered so that long-lasting improvements can be achieved.

Do treatments with ALA hurt?

Patients say they feel a sting, the lasers that then follow smart like the snap of a rubber band on the skin, followed by the feeling of a mild sunburn.

Are laser treatments safe?

Lasers have been used successfully in hundreds of thousands of treatments. Laser treatments performed properly, by a trained medical professional, are safe and effective. There are many benefits to laser treatments including little if any pain, less invasiveness, and less chance of scarring than other surgical procedures.