

BLU-U – BLUE LIGHT FOR ACNE AND ACTINIC KERATOSIS

Ask your SOMA Skin & Laser dermatologist or treatment provider about BLU-U blue light treatment for [acne](#) at your next office visit. Schedule an appointment now at 973-763-7546. ([BLU-U with Levulan](#) is also used to treat actinic keratoses and certain skin cancers.)

What Is BLU-U For Acne?

Blue light is an innovative treatment for moderate acne. If you have moderate acne and are [uncomfortable taking antibiotics](#) or are unhappy with your current [topical treatment](#) results, BLU-U blue light therapy – using light [without drugs or antibiotics](#) – may be for you. BLU-U is a unique blue light that kills the acne-causing *P. acnes* bacteria in your skin. During each treatment, you sit with your face close to the blue light for approximately 17 minutes. The treatment is repeated once or twice weekly for about six weeks. After several weeks, the blue light can help control your acne.



Is BLU-U For Acne Painful?

BLU-U for acne is safe. It is not hot or painful.

Can I Take Acne Medications With BLU-U?

You can generally continue to use many of your acne medications with BLU-U, but be sure to consult with your dermatologist first. Many patients using BLU-U prefer not to use oral antibiotics. However, many patients are on [oral antibiotics for acne](#), topical acne treatments, and blue light for acne, all at the same time.

Is BLU-U Different From Photodynamic Therapy (PDT)?

In BLU-U, blue light alone is used to target the bacteria that contributes to acne. In [photodynamic therapy](#), a sensitizer called Levulan is first applied to the skin. This causes a much stronger reaction, including redness and peeling. Photodynamic therapy can be very helpful for acne, but you must be willing to accept the short-term side effects of the treatment. In photodynamic therapy, other light sources, such as the [V-beam laser](#), are sometimes used in place of blue light.



Is BLU-U For Acne Different From Any Other Blue Light?

The BLU-U light is very intense. We use the DUSA BLU-U unit, which puts out 10J per square centimeter when the light is delivered for 1000 seconds (16 minutes and 40 seconds). This is far more energy than a normal light bulb. The BLU-U light puts out intense light at a wavelength of 417 nm $\pm$ 5nm. The maximum absorption peak for porphyrins in *P. acnes* is at 410 nm. The BLU-U light source is also U-shaped, allowing even light to the front and sides of the face.

How Many Times Is BLU-U Treatment Recommended?

It is recommended that BLU-U for acne be performed 2 or 3 times per week until the desired improvement in acne is achieved, with a total maximum accumulated dose of 320 joules per square centimeter (or 32 sessions).

Can BLU-U Damage My Eyes?

You will be given eye protection to wear during your BLU-U treatment.

Is BLU-U Approved By The FDA To Treat Acne?

BLU-U is FDA approved to treat acne without the use of any photosensitizer.

Does BLU-U Penetrate The Skin?

The intense blue light penetrates up to 2 mm beneath the skin surface.

Call 973-763-7546 For A Blue Light Consultation Today

- [SOMA Skin & Laser Blog on Photodynamic Therapy](#)
- [BLU-U Video from DUSA Pharmaceuticals](#)
- [Levulan Patient Education Video \(for Actinic Keratoses\)](#)
- [DUSA Pharmaceuticals Website \(maker of Levulan Kerastick BLU-U\)](#)

**Results may vary patient to patient. There is no guarantee that any specific result can be achieved.



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