

PATIENT INFORMATION FOR NARROW BAND ULTRAVIOLET-B PHOTOTHERAPY

PLEASE READ THIS INFORMATION CAREFULLY BEFORE YOUR TREATMENT.
Your Dermatologist will be happy to clarify any points.

You have been prescribed Narrow Band Ultraviolet (UV) B Phototherapy for treatment of your skin condition.

Phototherapy is delivered in a cabinet, the inside of which is lined with ultraviolet tube lights. For each treatment, you are required to undress to expose the areas that need treatment and stand inside the cabinet for a few minutes. Each treatment lasts one to eight minutes. The treatments are usually given three times a week, for example Monday, Wednesday and Friday until your problem clears. We start with a very small dose of UV light and gradually increase the dose with every treatment, as tolerated by your skin. The dose for each treatment is set by the receptionist and a sensor and computer in the cabinet monitors the energy emitted by the lamps and switches the machine off when the set dose has been reached. The total duration of the course of treatment depends on how soon your skin condition improves.

What to expect with UV treatments

The phototherapy machine is operated by trained and authorised staff only. When you arrive for your treatment, you should report any redness, burning, soreness, tightness or other discomfort. Your next dose may be adjusted accordingly. The staff member will then program the dose to be given into the machine. They will then leave the phototherapy room. You undress to expose the areas that need treatment and put on the protective goggles (which are provided) to shield your eyes from the light. You may be advised to protect your face with a pillowslip or sunscreen. Genitalia must also be protected. You then enter the cabinet and close the door of the cabinet behind you. (The door of the cabinet is never locked, and you may push the door open at anytime if necessary). Please stand in the centre of the cabinet with your feet slightly apart, one foot in front of the other. If you need support you may hold on to the hand rails. After a 15 second delay the lights inside the machine will automatically turn on. When the machine has delivered the set dose, the lights will turn off and a short beep will be heard. You may remove the goggles, open the door of the cabinet and leave the machine.

What should I do if I get too hot or feel unwell in the phototherapy machine?

You can simply push open the door of the cabinet and step outside. The door of the cabinet is never locked. Opening the door during the treatment will automatically turn off the lights inside the machine. If you close the door again the machine will restart until it has completed the set dose.

Important points

- Treatments must be separated by intervals of at least 24 hours.
- You must protect your genitals from UV light during treatments.
- You must wear the same type / style of underwear for all treatments. Exposing any previously unexposed skin can lead to a sunburn reaction in the newly exposed area.
- You must wear protective goggles to protect your eyes during treatment.
- Other additional protective measures may be recommended by your dermatologist.
- It is preferable not to miss treatments if possible. Missing treatments may make dose reduction necessary when you resume your treatment.
- If you do miss any treatments please let the staff member know prior to your next treatment. Your next dose may need to be adjusted.

Possible side effects

Side effects from the UV treatment are uncommon. However, the following side effects are possible:.

1. A sunburn type reaction, with tightness of the skin, soreness and redness can sometimes occur in the 24 hours following treatments. Please report this prior to your next treatment to the staff member. We will adjust the subsequent dose to minimize any future reactions.
2. Although the primary aim of the UV treatment is to relieve the skin condition, tanning of the skin will usually occur. The phototherapy machine emits a different type (wavelength) of light from that emitted by solariums.
3. It is likely that large numbers of treatments with UV-B phototherapy increases the risk of skin aging or skin cancer. This risk can be assessed by your dermatologist and should be weighed against the benefit of the treatment. Please discuss any concerns that you may have with your dermatologist. Particularly susceptible parts such as the genitalia should be protected during treatment.

CONSENT TO UNDERGO NARROW BAND UVB PHOTOTHERAPY

AFFIX PATIENT ID LABEL

I certify that I have been informed of the risks and benefits of NARROW BAND UVB Phototherapy. I have read and fully understood the patient information provided to me. I agree to have NARROW BAND UVB Phototherapy for my skin condition. I understand that I may withdraw from the treatment at any time.

SIGNATURE OF PATIENT/GUARDIAN

PRINT NAME OF PATIENT/GUARDIAN

DATE