

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

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ULTRAVIOLET-B PHOTOTHERAPY PATIENT INFORMATION

DESCRIPTION OF PROCEDURE

Patients with active psoriasis, vitiligo, itching, eczema, etc. referred for ultraviolet B (UVB) phototherapy are treated 2-3 times weekly in a walk-in chamber. Following significant improvement or clearing of the condition, UVB treatments will be administered according to a tapering maintenance regimen, then discontinued. We now use narrowband UVB (NBUVB) which is safer and more effective. It will take a minimum of 10-20 treatments to start seeing an effect and up to 30-40 treatments to see clearing of psoriasis, itch, or eczema. Vitiligo will take more treatment.

TOPICAL TREATMENT

The use of moisturizing ointments or creams is encouraged, as phototherapy may have a drying effect on the skin. Additional topical medications should be used only as prescribed. These may consist of tar preparations applied prior to treatment. Tar preparations increase the skin sensitivity to ultraviolet light, and should be applied consistently to affected areas if so directed. Please apply _____ at bedtime, and/or Vaseline petroleum jelly just before the treatment.

POSSIBLE RISKS

Anticipated risks are similar to those from sunlight exposure:

1. A sunburn-type reaction including redness, and occasional blistering if severe. The risk of this reaction is minimized by gradually increase the light dose and avoiding exposure of previously shielded areas during the course of therapy.
2. Pigmentation of the skin – i.e. a "suntan".
3. The recent studies have shown no risk of skin cancer with the Narrow band UVB light we use.
4. Aging effect – exposure to irradiation from artificial light sources may add to the cumulative effect of sunlight exposure in aging of exposed skin, i.e. with fine wrinkling, drying and freckle-like pigment changes.

CONCOMITANT ORAL MEDICATIONS

As certain medications may increase one's sensitivity to UV light exposure and predispose to a sunburn reaction, the physician must be notified of drugs prescribed for all medical conditions.

Website: <http://www.centerforderm.com>

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DURING THE PROCEDURE

1. During treatment eyes are protected with special UV-blocking goggles. No special precautions are necessary before or after treatment as no oral medications are being used. Do not remove the goggles until after the treatment.
2. Remove clothing, but keep your underwear on, especially covering/protecting the genital area.
3. Apply sunscreen to areas that are normal, or not affected by your condition.
4. If you feel burning, or for any other reason, opening the door will stop the treatment immediately.
5. Avoid sunbathing during this treatment.

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