

Appointment Details

Date

Location 1st Floor, Waters Green Medical Centre

Time

East Cheshire NHS Dermatology Service

Contact Details

Third Floor

Waters Green Medical Centre Sunderland Street

Macclesfield

SK11 6JL

East Cheshire NHS Dermatology Service

Narrowband Ultraviolet Radiation (UVB) Phototherapy

Information for Patients, Relatives and Carers



**Car Parking available via entrance on
Boden Street, SK11 6LL**

What is Ultraviolet B Radiation (UVB)?

Ultraviolet (UV) rays are produced by the sun, they are an important part of sunlight and are grouped into different wavelengths:

UVA, UVB and UVC:

- UVA rays penetrate the skin and cause it to darken or tan
- UVB rays are mostly absorbed by the epidermis, the top layer of our skin, and are responsible for sunburn
- UVC rays are absorbed by the ozone layer and do not reach us

Artificial UV light is used to treat a number of skin conditions, including psoriasis, because sunlight has an anti-inflammatory action on the skin. When you come for phototherapy, you will be assessed according to your skin condition and how you react to sunlight.

What does the treatment involve?

The treatment is carried out in an enclosed stand-up cubicle with the door closed so that your privacy and dignity is maintained. You may need to fully undress so that all your skin is exposed. The treatment lasts between 20 seconds initially, building to a maximum treatment time of approximately 5 minutes.

Please use this space to make any notes of things to be discussed with the member of staff providing your treatment.

Where can I get more information about UVB?

Further information about UVB treatment can be found on the website of the British Association of Dermatologists: www.bad.org.uk

If you are worried or don't understand anything that you have been told, you can contact the Dermatology Secretaries who can make arrangements for you to speak to the phototherapy technician.

Tel: 01625 264041

Email: ECdermatologysecretaries@mcht.nhs.uk

What are the possible risks of UVB treatment?

Your skin may burn in the same way as from strong sunlight. This usually develops 8 to 14 hours after your treatment and usually settles within 24 hours. You **MUST** let us know if your skin becomes red and sore.

It is possible that long term UVB treatment increases your risk of developing skin cancer in the same way that sunbathing can cause skin cancer.

UVB light may cause premature ageing of the skin.

Not wearing eye goggles during the treatment may cause serious burns to the eyes which may increase your risk of developing eye cataracts in the future.

Your skin may occasionally become itchy and dry, during the course of your treatment. Antihistamines can help with this, as well as frequent use of a moisturiser.

Your skin condition may temporarily worsen at the beginning of a course of UVB treatment.

On rare occasions, patients can develop a heat rash, which is an itchy rash on the skin due to exposure to sunlight. This normally settles after a few days.

How often is UVB treatment needed?

A course of UVB treatment is generally 18 to 24 treatment sessions, but may vary depending on your skin condition. The treatment is given twice or three times a week, with at least a day between treatment sessions.

In order to get maximum benefit, the dose of UV light has to be increased fairly rapidly, thereby meaning you will need to be committed to attending regularly for your treatment.

The dose given is adjusted to respond to the way your skin reacts to the UV light, and missing treatments may result in the dosage having to be reduced.

Please inform us during your first appointment if you plan to be away at any point during the planned course of UVB treatment, bearing in mind that it will likely last for several weeks.

If you decide to go ahead with treatment, having read all of the precautions in this information leaflet, you will be required to sign a separate consent form

How should I prepare for UVB treatment?

You must tell us if you are taking any tablets or medicine either prescribed or ones you have bought yourself, as some medication might make you more sensitive to UV light.

Please inform us if you begin taking any new medicines, creams or other courses of treatment during your course of treatment.

We suggest that you have a bath or shower on the morning of your treatment as your skin must be free from all treatment creams, body sprays, deodorants, perfumes, make up and lotions. Such preparations can sensitise the skin producing a stronger response to the light, while others act as a barrier, reducing the response to the light.

However, you may be advised in some cases to apply a water based emollient such as aqueous cream, diprobase or E45, about an hour before treatment to affected areas only. This helps with the softening of any plaques and also enables the UV light to be absorbed.

Men must protect their genitalia by wearing dark coloured briefs, a thong or a sock (black or navy), otherwise we regret that treatment cannot be given that day.

Please ensure underwear, if worn, is positioned to cover the same areas on each visit, to avoid burning as exposure times gradually increase.

Please avoid a radical change of hairstyle part way through a course of therapy.

Please remove all jewellery before treatment.

You should not sunbathe or use a sunbed during the whole course of the treatment. On sunny days, reduce your exposure to the sun to minimise the risk of sunburn. Use a sun cream with a factor of at least 20 that protects from both UVA and UVB rays.

If your face is unaffected, you will be asked to wear a visor to protect your face.

If you have rosacea or a history of cold sores, you will be asked to wear a visor as UV light can trigger these conditions. If you have any moles, you may cover them with sunscreen during treatment. Eye goggles are provided and must be worn during treatment.