



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Broadband UVB Treatment

Dermatology Department

Broadband UVB Treatment

Ultraviolet radiation from artificial light sources has been used by dermatologists for almost 100 years and is a widely used and effective treatment for a number of skin disorders. The choice of UVB over other forms of treatment depends on a wide range of factors including age, disease, skin type, previous therapy, current medication etc. Your doctor decided to use broadband UVB in your particular case.

PROCEDURE

All treatments are nurse supervised and given in stand-up cabinets surrounded by fluorescent lamps. Following assessment in the General Dermatology Clinic by a doctor, a nurse will book 15-35 phototherapy appointments for you (the exact number of treatments depends on various factors). The appointment time allocated to you will usually be the same at each visit. Broadband UVB treatment is usually given 3 times per week, at regular intervals. This might be reduced to once or twice a week or even once a fortnight when your skin condition improves.

The Phototherapy unit is open 08.00 – 17.00 Monday, Wednesday, Thursday and Friday. The unit is closed on all Bank Holidays. The staff will inform you of any changes.

At the first visit a limited area of your skin will be exposed as a test treatment. At subsequent visits, the whole body will usually be exposed. The administered UVB dose will slowly increase at each visit, depending on skin type, disease and skin response (or lack

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

Author: Dr Stefanie Williams

Department: Dermatology

Version: 2

Published: April 2011

Review: August 2011

- For the same reason, avoid radical hairstyle changes or haircuts midway through treatment.
- If you need to bring children with you it is advisable to bring another adult to supervise them.
- Please bring a bag suitable for your clothes and personal belongings.
- Do not indulge in cosmetic facials, peels, or dermabrasions during your course of phototherapy. These could cause the skin on your face to become much more light sensitive.

FURTHER INFORMATION

In case of emergencies or if you need to cancel your appointment please ring [01932 72 3322](tel:01932723322). An answer phone is in use when the unit is not open. Any messages left will be dealt with as soon as possible.

of response). Initially treatment will take less than one minute, gradually increasing to a maximum of 10-15 minutes.

A visor or goggles might be provided to shield your eyes/face. If the eyelids are also affected patients may stand without goggles but with their eyes closed from the start of treatment. Provided the eyes are properly shielded during treatment, there is no danger to those with cataracts, lens implants or other eye disorders. There is no need to protect your eyes after treatment.

ADVERSE EFFECTS

Mild side effects are common, but usually only short lasting. Most of them can be treated by creams or will spontaneously disappear a few days after stopping treatment. Possible side effects include:

Erythema: You might get a tan in treated areas. Sometimes redness and discomfort of the treated skin might occur (similar to sunburn). If you start to go red on the day of treatment, apply a steroid cream or lotion, e.g. Dermovate, Betnovate, Elocon or Locoid and get in touch with the phototherapy nurse as soon as possible (Tel. 01932 723 322). We may suspend treatment until symptoms have settled. Very occasionally severe redness or blisters may develop. You must inform the nurse if you develop any skin redness, so that we can adjust the UV dose and treat the problem, if necessary.

Skin Dryness: There will be an increased tendency for dryness of treated skin areas during therapy and for about 4 weeks after

treatment. As part of your treatment you must apply emollients twice daily to your whole body (not just the lesions).

Folliculitis: Inflammation of hair follicles may occur. These do not cause discomfort and usually require no treatment or interruption of UVB therapy. This may be prevented by applying moisturiser in downward strokes only.

Herpes Simplex: Those who have had cold sores previously may get a flare up. We therefore recommend sunscreen application to the lips during treatment in order to reduce the risk of cold sores. Remember to ask the nurse for a lip sunscreen before every treatment.

Photosensitivity: In those who have a concomitant photodermatitis (i.e. a skin condition caused or aggravated by light), a flare up may occur.

- Itchy skin: Sometimes the skin can become itchy after light treatment. This may last for some days. Anti-itch emollients such as Balneum PLUS cream or Dermol cream can be helpful (store in the fridge for added relieve). Please let us know if you suffer with this problem.

DO`S AND DON`TS

- Dry flaky skin will deflect the light, rendering UV therapy less effective. It is therefore especially important to keep your skin well moisturised by applying an emollient liberally twice a day.

However, as some creams are not ideal to be used prior to UVB treatment, we recommend to apply only Diprobase cream, Cetraben cream, Oilatum cream or Doublebase before treatment on phototherapy days. Avoid tar containing creams, steroids, oils and vitamin D and A preparations directly prior to your UVB treatment.

- Never use a sun bed or indulge in sunbathing during the entire course of your light treatment. This would increase the risk of burning and makes it impossible to determine the cause and/or dose of burning.
- Always remember to inform the doctor or nurse if you are taking, or about to start any new medication or cream while having UVB treatment. This includes over-the-counter products such as St. John's Wort.
- Plants and weeds may have photosensitisers in them, so avoid handling them for at least two hours before treatment (e.g. cooking with celery, parsnips or figs).
- In order to maximise the benefits of your phototherapy and so as not to inconvenience other patients, regular and punctual attendance is mandatory. Treatment will otherwise have to be withdrawn.
- Jewellery should be removed for treatment. Rings, if worn at the start of treatment, have then to be worn at every treatment thereafter, as areas covered at the start will burn if subsequently exposed.