

## For patients receiving narrow band UVB light treatment (TL01)

### What is narrow band UVB treatment?

Narrow-band UVB phototherapy is a form of ultraviolet light therapy involving the use of fluorescent lamps within a phototherapy cabinet. The treatment protocols involve phototherapy sessions two or three times per week. Generally a course of treatment takes between 2 to 3 months for conditions such as psoriasis, although eczema may take longer to clear.

### What side effects should I expect when I have TL01?

- **Redness**  
This usually occurs 6 hours after treatment but should fade within 24 hours. You should continue to apply your regular moisturiser. Erythema (redness) should not be sore to touch. Please inform a member of staff if this occurs.
- **Burning**  
Occasionally as a result of your treatment you may experience a sunburn – like reaction. This rarely leads to blistering.
- **Worsening of condition**  
Generally skin conditions improve with natural sunlight. Occasionally sunlight can have the opposite effect and aggravate a condition. If this occurs we may have to stop this treatment.
- **Skin Cancer**  
Prolonged and repeated courses of narrow-band UVB phototherapy may lead to an increased risk of developing skin cancer. This risk is initially very small but probably increased gradually after about 150 to 200 treatments.
- **Premature skin ageing**  
This risk is initially very small but increases with a large number of treatments.
- **Itching**  
This occurs occasionally during the first few weeks of treatment and does usually settle.

### Consent

You will have signed a consent form for the treatment and have been issued with a copy to keep. The benefits and risks will have been explained to you. Should you require any further information please speak to the nursing staff.

### General Information

Light therapy using narrow band UVB is often helpful in the treatment of skin conditions such as psoriasis. There are specific guidelines we follow for the safe administration of UVB and to avoid potential side effects occurring from your treatment. Failure to follow the precautions may result in your treatments being discontinued.

### Precautions whilst receiving narrow band UVB

1. Please avoid all other forms of ultra-violet light exposure whilst receiving treatment e.g. sun beds, solariums or sunbathing in natural sunlight.

2. Inform the doctor or nurse of any tablets, medicines or creams you are using (including over the counter medicines). Avoid anti-inflammatory pain killers such as ibuprofen.
3. Avoid alcohol on days of treatment.
4. Avoid perfumes, aftershave lotion or other cosmetics on the days of treatment.
5. Hairstyle must be kept consistent during treatment.
6. Always wear protective goggles whilst in the machine.
7. All male patients should wear dark coloured underpants or similar undergarments while being exposed to UV light. Please ensure the material has a close weave and wear the same style of underpants for each session.
8. Do not wear jewellery or a watch when coming for your treatment session.
9. Ideally use a water based, non-fragranced moisturiser before treatment e.g. cream or lotions; aqueous, E45, aveeno or diprobase. It is thought this allows the OVB to be more effective. Avoid ointment based moisturisers and prescribed creams on the day of treatment.
10. Please inform the nurse or doctor if you have recently been unwell.
11. Follow the same procedure each time you attend for treatment (unless advised otherwise by your doctor or nurse).
12. Please inform the nurse or doctor of any adverse effects following treatments e.g. irritation or burning of skin.
13. Ultra-violet light can trigger the herpes virus (cold sores) if you are a known sufferer we advise you purchase a UVB lip block to wear whilst inside the machine.

I confirm the above information has been explained to me and I agree to follow these precautions.

**Patient signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Phototherapy Nurse signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team on 01323 417400 Ext: 5860 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

### Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

### Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr J Felton

Dermatology Consultant

Next review date:

January 2019

Reference: Phototherapy training manual, Phototherapy Unit, Royal Gwent Hospital Newport 2011.

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