



335 Penny Lane Concord, NC 28025 (704) 784-5901

## Patient Instructions for Narrowband UVB Phototherapy

### Introduction:

Your doctor has recommended light treatment for your skin problem. This treatment exposes you to ultraviolet light, UVB. Initially you will be given a “base dose” amount of exposure. You will be instructed when to return for subsequent treatments but it is usually three times a week until a maintenance dose is reached. The amount of exposure will increase according to the specifications of the protocol selected by your doctor and your skin type.

### Risks and Side Effects:

Skin cancers (Basal cell, Squamous cell, Melanoma), eye damage, sunburn type reactions, itching, tanning and freckles, and accelerated aging of the skin.

### Procedure:

After discussion with your doctor you will sign the consent to treatment. The assistant will give you a pair of goggles to keep and bring to each treatment. The assistant will orient you to the typical routine for treatment. You will need to purchase a large quantity of petrolatum (Vaseline) to bring with you to be used with each treatment.

Report to building B receptionist and announce that you are here for lightbox treatment. Treatments are **NOT** time scheduled appointments and are given on a first come, first serve basis. Treatments are given **Monday-Thursday 8:00am-11:30am and 1:00pm-4:30pm.** Treatments are given on **Fridays 8:00am-11:30am and 1:00pm-4:00pm.** A physician must be on the premises for you to receive your treatment. Expect delays if the lightbox is in use when you arrive.

- 1) When the lightbox is available the receptionist will give you your treatment chart and direct you to the treatment room.
- 2) You will place your treatment chart in the box outside the treatment room and turn on the green indicator light.
- 3) You will close the treatment room door and undress. **Males must cover the genital region with appropriate clothing.**

- 4) You will need to apply the petrolatum to the affected areas to be treated. Your physician may have instructed you to apply sunscreen to areas that do not require treatment or should be protected. Special care should be given to protecting the face, back of hands, top of feet, lips and nipples to avoid burning and drying. *Patients diagnosed with CTCL SHOULD NOT apply sunscreens except to the genitalia, lips or nipples.*
- 5) Eye protection is provided and **MUST** be worn with each treatment unless otherwise instructed. Put your goggles on. If you failed to bring your goggles, inform the assistant and a pair will be provided to wear during the treatment.
- 6) Before stepping into the lightbox, place a protective paper tissue on the base where you will be standing.
- 7) Press your doctor's indicator light on the panel inside the treatment room and step inside the lightbox and close the doors. The indicator will alert the assistants that you are ready to receive treatment. However, as the assistants are performing many duties their arrival may be delayed. If this is the case, please step out of the lightbox and press the indicator light again.
- 8) When the assistant enters you will be asked:
  - a. How did you tolerate the last treatment? Inform the assistant of any burning, itching or other symptoms that are of concern to you.
  - b. Are you on any new medications? Inform the assistant of any changes in your medication, as some medicines may have an affect on the light absorption.
  - c. Do you have your goggles on?
  - d. Did you apply your Vaseline?
- 9) The assistant will enter your data into the lightbox computer as determined by the protocol selected by your doctor.
- 10) The assistant will inform you when the treatment is to begin. This treatment is light dose based and is an estimate only in minutes or seconds. If at any time during the treatment, you should begin to feel poorly, pull the emergency cord and step out of the lightbox. An assistant will respond to you as quickly as possible.
- 11) After your treatment is complete and you have redressed, please dispose of the protective tissue that you stood on. If you would also put on gloves and using the Caviwipes provided, wipe any surfaces that you may have come into contact. By doing this you will aid in our process for cleaning the treatment room in-between patients. Gloves must be worn and the Caviwipes are NOT to be used on your skin!
- 12) Return your treatment chart to the receptionist.
- 13) Your doctor will establish a schedule for your regular office visits to monitor the progress of your treatments. These are usually at one month intervals.

*If at any time following a treatment you have concerns about how your skin is reacting to the treatment please call (704) 784-5901.*

