



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

Patient Instructions for Hand Foot Phototherapy

Introduction:

Your doctor has recommended light treatment for your skin problem. This treatment exposes you to ultraviolet light, either UVA or 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 two to 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 be worn during each treatment. The assistant will orient you to the typical routine for treatment.

Your doctor will give you a prescription for a topical ointment called Oxisoralen. This is applied to the hands and/or feet 30 minutes prior to UVA light treatment. You may apply this at home prior to the treatment and cover the hands with cotton gloves and the feet with socks. The Oxisoralen should be washed off following treatment. During treatment of the hands, you may want to wear protective wrist bands (tennis sweat bands) to protect the wrists from light exposure.

You will 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 and on Fridays 8:00am-11:30 am and 1:00pm-4:00pm. A physician must be on the premises for you to receive our 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 remove your gloves and/or socks and shoes depending if hands and feet are being treated.
- 4) Put your goggles on. This is to protect your eyes from light exposure during the treatment.
- 5) Press your doctor's indicator light and put your hands/feet in the lightbox. The indicator light 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 press the indicator light again.
- 6) When the assistant arrives 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. What time did you apply your Oxsoralen?
- 7) The assistant will enter your data into the lightbox computer as determined by the protocol selected by your doctor.
- 8) The assistant will inform you when the treatment is to begin. This treatment is calculated in seconds and minutes. If at any time during the treatment you should begin to feel poorly, remove yourself from the lightbox and press the doctor's indicator light again. An assistant will respond to you as quickly as possible.
- 9) After your treatment is complete, please put on the gloves provided and using the Caviwipes wipe any of the surfaces that you may have come into contact. (**DO NOT** use the Caviwipes on your skin to remove the Oxsoralen!) By doing this you will aid in our process for cleaning the lightbox in-between patients.
- 10) You may use the protective tissues provided to initially remove the Oxsoralen. Remember to wash off the remainder.
- 11) Return your treatment chart to the receptionist.
- 12) 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.