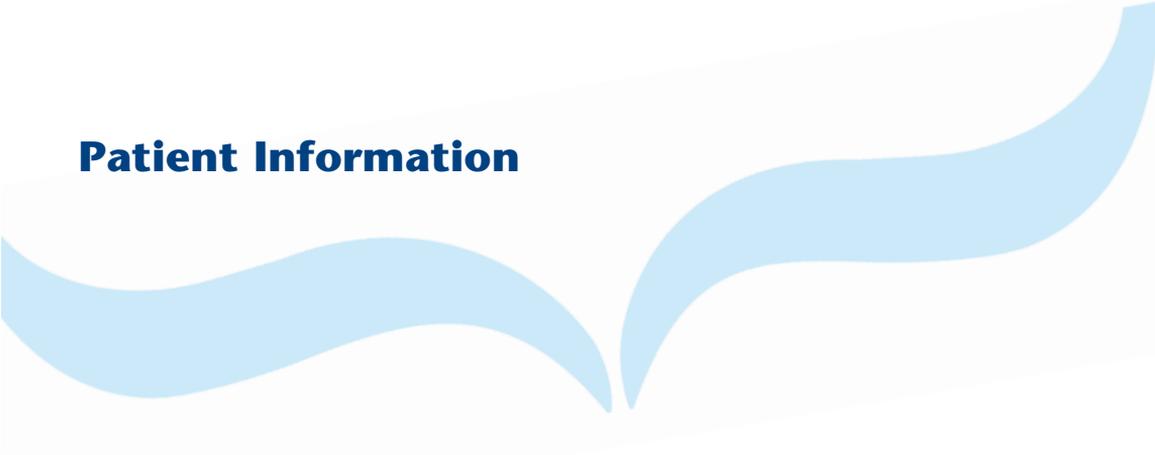


**NHS Forth Valley**

# **Photonet UVB Treatment (Ultraviolet B)**

**Patient Information**

A decorative graphic at the bottom of the page consisting of two light blue, wavy, ribbon-like shapes that curve upwards and meet at a point in the center, creating a stylized valley or bridge effect.

This leaflet aims to answer the most commonly asked questions, but please feel free to ask your Nurse or Doctor if you are unsure of anything.

## **What is UVB?**

UVB means ultraviolet B. These special wavelengths of light are included in sunlight.

## **Why and I having UVB?**

This treatment has been found to be particularly useful for many different skin conditions including psoriasis and eczema. Also for desensitising people with light sensitive conditions.

## **Where do I have UVB?**

Light treatment is carried out in the dermatology department of Stirling Royal Infirmary. You may attend here as an outpatient for your treatment. The Unit staff includes Doctors and Nurses.

## **What happens when I get there?**

First a member of phototherapy staff will go through the phototherapy documents used before starting the treatment. They will show you around the Unit and will explain to you all the procedures.

## **How long will I have UVB treatment?**

This varies from person to person, but an average course lasts 8 weeks with individual treatments lasting a few minutes with the total visit taking up to half an hour.

The staff will assess you at each visit. If required, a Doctor will see you. The usual days for treatment are Monday, Wednesday and Friday.

Before you start UVB treatment the Doctor will check the medicines that you are taking. If your tablets (including anything you are taking over-the-counter) are changed during UVB treatment, please let the nursing staff know before they start your next treatment. This is because some tablets can affect the way treatment works.

## **What about my creams?**

Please continue to use regular moisturisers during your course of treatment. If you use any other treatment creams the nursing staff will tell you if you should carry on using them.

## Things to avoid

On the day of treatment, please avoid using perfumed products such as cosmetics, perfumes or aftershaves as these can make your skin more sensitive to the light.

You cannot use any moisturiser or Salicylic acid preparation containing yellow soft paraffin before treatment as this can act like a sunscreen and stop the treatment working.

Sunbeds and sunbathing should be avoided throughout the course of treatment.

## Adverse effects

A sunburn like reaction may occur at some point during your treatment or you may find your skin becomes dry and occasionally you may develop an itchy rash. If you experience any of these reactions, your moisturiser will help to soothe your skin. If you are very uncomfortable please discuss this with your Nurse. A Doctor will be asked to see you if necessary.

Premature ageing of the skin (e.g. dryness, freckling and wrinkling) can occur in patients who have had UVB therapy for many years and such individuals may be at an increased risk of developing skin cancer. The increased risk of skin cancer is related to the total lifetime UVB exposure from sunlight as well as treatment.

Patients who have received more than 200 treatments are reviewed annually.

## Final points

- UVB treatment is safe during pregnancy.
- Staff will give you close fitting goggles and a faceshield to wear while you are in the cubicle (unless otherwise specified by your Doctor).
- Most patients will be treated without clothing in the cubicle. However, male patients should wear with genital protection during treatment.
- Valuables are your responsibility.
- Severe haircuts should be avoided during your course of treatment. If necessary, have your hair cut prior to starting treatment or within the first two weeks.
- If you have a history of cold sores, total sunblock should be applied prior to each treatment.

Your UVB treatment is planned specifically for you. If you have questions about any aspect of your treatment, please ask any member of staff while you are having your treatment.

## Contact Information

For more information you can contact:

Stirling Royal Infirmary 01786 434098

Forth Valley Royal Hospital 01324 566509

Monday to Friday 8.00am-4.30pm

## Notes

## Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: [FV-UHB.RTT@nhs.net](mailto:FV-UHB.RTT@nhs.net)

### If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

**We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email [FV-UHB.disabilitydepartment@nhs.net](mailto:FV-UHB.disabilitydepartment@nhs.net)**

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