

## Ihotaudit

### Patient instructions, UVB light therapy

Instructions for patients receiving UVB light therapy

Ultraviolet B (UVB) light reduces skin inflammation. Narrowband UVB therapy uses UV light with a wave length of approximately 311 nanometers. It is the most common UV light therapy used to treat psoriasis and atopic dermatitis, among others conditions.

The radiation from narrowband UVB light tubes is very strong which is why the treatment times are short. At first, the treatment lasts only 20 to 30 seconds. The treatment time will be gradually increased. UVB light therapy is usually administered three times a week and the treatment period consist of 15 to 25 visits. Before the therapy starts, it is best to exfoliate scaling skin from the rash sites with salicylic petroleum jelly, for example. If burn symptoms similar to sunburn appear, they will be at their worst 2 to 3 days after the UV therapy. When inside the treatment cabinet, you must stand in the very middle. The skin will burn more easily when close to the light tubes. Your face can be protected from the UV light for the whole duration, or part of the time, as skin on the face may be more sensitive. It is best to be completely naked during the UV therapy so that all of your skin will become evenly accustomed. Men must protect their genitals.

Your skin will become tanned during the therapy. UV light therapy should not be taken for esthetic reasons as long-term use ages the skin and increases the risk of skin tumors.

#### Precautions

As UV light may harm the eyes, you will need to close your eyes and cover them with goggles during the treatment. If you wear contact lenses, you may keep them on.

Inform the physician or nurse of all the medication you are using, including the ones you take only occasionally. Several medicines may make your skin sensitive to light and combined with this therapy they may cause burns.

**Do not sunbathe on the treatment days to protect your skin from too much UV light exposure. You are not allowed to use solariums or tanning beds during the therapy period.**

Aftershave, perfume and deodorant may irritate the skin during UV therapy. If your face is being treated with UV light, you should remove all make-up except for eye make-up. You are not allowed to have your skin cleaned by a cosmetologist on the day of the therapy or the day before.

## **Topical skin care during UV therapy**

The skin usually becomes slightly dry during UV therapy. To help this, you should apply unscented moisturizer or skin cream prescribed your physician after the therapy. Basic moisturizer should be applied at least 2 hours before the UV therapy.

If you are on a treatment course of topical cortisone, continue using it as prescribed during the UV therapy. Apply the cortisone cream after the UV therapy.

**Creams with tacrolimus or pimecrolimus are usually not used during UV therapy.**

*Patient instruction | Approved: 3.5.2022*