

## Help us to help you

Please arrive on time for your treatment.

If you are unable to attend or you need to contact one of our team for advice regarding any problems or difficulties you have with your treatment, you should telephone the department on the contact numbers:

01744 646431 Mondays, Wednesdays and Fridays 8am-4.30pm  
(closed 12-1.30pm)

01744 646433 Mondays 1.30pm-4.30pm

You may also contact your Consultant's Secretary on the numbers below Monday-Friday 9am-5pm Dermatology Secretaries:

- 01744646609 - Dr .....
- 01744646610 - Dr .....
- 01744646613 - Dr .....
- 01744646614 - Dr .....
- 01744646688 - Dr .....

If you have any severe side effect to treatment and need advice or help outside of the above hours, please contact your GP, walk-in centre or accident and emergency if necessary. Please do not bring children with you as nurses cannot be held responsible for them whilst you are receiving treatment.

For the treatment to be effective it is important to attend regularly. Patients who do not attend for 1 week will be discharged from clinic.

The department is open from Monday to Friday inclusive, closed only during public holidays, statutory days, Christmas and New Year.

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633



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Teaching Hospitals  
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# UVB/TL-01

## Department of Dermatology Phototherapy

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in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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Ultraviolet radiation from artificial light sources has been widely used by dermatologists for over 100 years and is an effective treatment in a number of skin disorders.

The choice of UVB over other forms of treatment depends on a wide range of factors, including age, disease, skin type, previous therapy and current medication.

The UVB treatment is nurse supervised and takes place in a stand up cabinet containing fluorescent tubes. It is necessary to attend three times a week for treatment, unless stated otherwise by your doctor.

It is safe to use in pregnancy.

There is no danger to those with cataracts, lens implants or other eye disorders provided that the eyes are shielded during treatment. For this reason goggles **must** be worn whilst in the cabinet.

The length of the treatment course varies from one patient to another. The average time for Psoriasis sufferers will be 6 to 8 weeks.

If you have a follow up appointment with your consultant you must keep it. Failure to do so will result in your treatment being discontinued.

Do not use any skin treatments during your course of UVB unless the supervising doctor has prescribed it. Please do not apply these immediately before coming for UVB treatment.

Please inform the nursing staff about any medication that may have been prescribed for other reasons, any new over the counter bought medications, or any changes of medication during this course of treatment.

Children under the age of 16 years old must be supervised by their accompanying adult at all times.

## Side effects

Occasionally side effects are possible as a result of treatment.

These include a sunburn type reaction (particularly in people with a fair complexion), skin dryness and itching. This can easily be helped with a moisturising cream.

If the sunburn type reaction was severe we would suspend treatment and treat you with a cream/lotion steroid until the symptoms have settled.

Long term side effects can occur following many months to years of treatment. These include skin ageing, freckling, rough areas (keratoses), and it may be associated with an increased risk of developing skin cancer. For these reasons we must adhere to the prescribed method of treatment.

## Practical points

Throughout the course of treatment you should not sun bathe or use a sunbed at any time. During bright sunny days a sunblock should be used on exposed sites. Care should be taken when working in the garden, taking long walks, working out doors or playing a round of golf, especially on the days of treatment.

Protective clothing such as hats, gloves or long sleeved garments are advised. It is important that no clothing is worn whilst undergoing treatment in the "light" cabinet.

**Men** must wear dark coloured underwear or a dark coloured sock to protect their genitals during treatment in the cabinet. Jewellery, for example rings, if worn at the start of treatment should be worn at every treatment thereafter, as areas covered at the start will burn if subsequently exposed.

For the same reason avoid drastic hairstyle changes or hair cuts midway through treatment.