INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

ULTRAVIOLET B (UVB / TL01) TREATMENT

What is Ultraviolet B (UVB)?
UVB light contains special wavelengths that are included in sunlight. It is a therapeutic treatment for various skin disorders. The main source of emission of ultraviolet rays is by fluorescent lamps or tubes in a walk about cabinet. You will not be locked into the light cabinet and may open the door and exit at any time during treatment. You will be in the cabinet alone and a nurse or if necessary your parent/guardian will be just outside.

What conditions are treated with 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 treatment?
Light treatment is carried out in the Dermatology Dept on the 2nd floor of the Medical Tower.

What happens when I get there?
First a member of the phototherapy staff will go through the phototherapy documents used before starting treatment. They will show you around the unit and will explain procedures and introduce you to the machine.

Prior to treatment the reaction of your skin to UVB will be measured to ensure you receive the appropriate dose and subsequent exposure times will be calculated accordingly. This is called an MED (Minimal Erythema Dose). A number of doses of ultraviolet light B will be shone on small squares on your back, this takes about 20 minutes and the results will be read the next day. Even if you have had UVB in the past an MED will normally be required because your skin sensitivity can change over time.

How long does the treatment last?
Treatment is carried out three times per week (Mon, Wed & Fri.) unless your consultant decides differently, usually for a maximum of six to eight weeks. Treatment varies from person to person with individual treatments lasting a few minutes.

The staff will assess you at each visit. If required a doctor will also see you.

Please follow the guidelines below to assure a smooth and effective treatment experience:

1. **Perfumed products:** Do not use cosmetic or any perfumed preparations on your skin prior to treatment as these may make your skin more sensitive to UVB/TL01.
2. **Moisturisers:** Apply moisturising cream daily, e.g. Silcocks Base, Aveeno, E45. Do not use moisturiser prior treatment as this can act like a sunscreen and reduce the effectiveness of treatment.
3. **Medication:** Inform the nurse or doctor if taking any oral medication before or during treatment course. This is because some medication can interfere with the effects of this treatment.
4. **Other topical treatments:** No other topical (skin) treatments should be used unless prescribed by your consultant.

5. **Sunbathing and sun beds:** Avoid any other forms of ultraviolet light while on treatment e.g. sun beds, solarium or sunbathing.

6. **Genital protection:** If male, you must wear UV protective underwear whilst exposed to light therapy. The nurse will advise you on this and will provide the necessary underwear.

7. **Protective goggles:** All patients must wear UV protective goggles when exposed to light therapy to prevent damage to eyes. These are provided by the department.

8. **Jewellery:** All jewellery must be removed prior to each treatment as this can result in burning of the skin.

9. **Haircut:** Patients should inform the nurse if they change their hair style as they may experience burns on previously unexposed skin.

10. **Cold Sores:** If you have a history of cold sores, total sun block should be applied prior to each treatment.

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

**Possible side effects of UVB/TL01:**

**Short term** - Redness, Tenderness, Itching

**Long term** - Premature aging (dryness, freckling and wrinkling)

Possible increase in risk of skin cancer. This increased risk is related to the total lifetime UVB exposure to sunlight as well as treatment Sunburn like reaction. If this occurs treatment may be deferred until the reaction subsides.

If symptomatic erythema i.e. painful or burning discomfort, cooling emollients such as silcocks base should be encouraged and use of a moderately potent topical steroid may be prescribed.

If severe discomfort, a more potent topical steroid e.g. Betnovate/Elocon should be applied in addition to soothing, cooling emollients. Regular paracetamol can be recommended for any systemic symptoms such as shivering.

Patients who have developed severe erythema should attend the department the following morning, Monday to Friday, for review by the medical staff if signs/symptoms are not settling. You may contact one of our team members for advice during the hours of 8am to 4pm at the following number 01 428 4532.

Out of hours, i.e. weekends, after 5pm or when the Dermatology medical staff are not available patients should seek advice from their own GP if not settling.

To ensure effective treatment, it is important to attend regularly. If you have to cancel an appointment please let the unit know in advance - Phone 01 428 2532.

**NON ATTENDENCE ON A REGULAR BASIS WILL DISQUALIFY YOU FROM TREATMENT.**

**Information compiled and edited by:**
Bernie Evans CNS, Dr Alan Irvine, Dr. Rosemarie Watson and Practice Development, at Our Lady’s Children’s Hospital, Crumlin.

@2017, Our Lady's Hospital for Sick Children, Crumlin, Dublin 12. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Our Lady’s Hospital for Sick Children makes no representation, express or implied, with regard to the accuracy of the information contained in this publication and cannot accept any legal responsibility for any errors or omissions that may be made.

Issue Date: 2017 - Review Date: 2020

Department of Dermatology