

## Notes

Use the space below to write down any questions you might have or to make notes.

## Further information and help

If you would like further information about Phototherapy please do not hesitate to contact Angela Woodley, Dermatology Liaison Nurse, or Cathy MacInnes, OPD Manager, at:

Outpatient Department  
Western Isles Hospital, Stornoway  
Isle of Lewis, HS1 2AF  
Tel. 01851 708252  
E-mail: [angela.woodley@nhs.scot](mailto:angela.woodley@nhs.scot)

If you experience any serious symptoms out of hours please contact **NHS24 - freephone 111**.

## We are listening - how did we do?

We welcome your feedback as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:  
[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at:  
[www.careopinion.org.uk](http://www.careopinion.org.uk) or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Written by: Angela Woodley, Dermatology Liaison Nurse, WIH.

### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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NHS Western Isles

Outpatient Department

## Phototherapy



UVB Phototherapy patient information leaflet

In the Western Isles Hospital we use a narrowband UVB machine (TL01), which is an upright panel filled with fluorescent tubes.

The ultraviolet light this machine produces has been found very useful for many skin conditions.

UVB light is not a long term cure but it can improve your condition significantly for a period of time.

UVB is also safe to use during pregnancy.

## Phototherapy treatment

Treatment is offered 3 times a week by the Dermatology Liaison Nurse within the Outpatient Department at Western Isles Hospital. Treatment is held on a Monday, Wednesday and Friday between 1pm-2pm for a total of 8-10 weeks.

The first treatment lasts a few seconds and treatment time gradually increases to up to 10 minutes in later appointments.

## What should I bring?

You will need to bring with you clothing that exposes all affected skin (e.g. underwear/shorts). These can be left in the department as it is important to wear the same clothes for each treatment.

It would be helpful if you could bring with you a list of all medications you are currently using to your first appointment. This includes any creams and ointments.

Goggles will be provided and must be worn at all times during treatment.

## Attendance

For treatment to be effective it is important that you attend regularly.

If you are unable to attend an appointment please contact the Outpatients Department to let them know.

If you fail to attend for 3-4 consecutive sessions without notice then your treatment time will be given to another patient and a discharge letter will be sent to your GP.

## Things to avoid

There are a number of ways in which you can help before, during and after appointments.

- On the day of treatment please avoid using perfumed products, cosmetics or aftershaves as these can make your skin more sensitive to the light.
- Please do not use any products containing Yellow Soft Paraffin or Salicylic prior to treatment as these can block the effects of the light.
- Sun beds and sunbathing should be avoided throughout the course of treatment.
- On bright days cover up and use sunscreen.
- Severe haircuts should be avoided during the course of your treatment, as this may expose previously untreated skin.

## Cold sores

If you have a history of cold sores, total sun block should be applied to your lips prior to each treatment. Sunblock will be provided if necessary.

## Adverse effects

It is likely that you will experience mild redness after your treatment, and this is perfectly normal.

You may find that your skin becomes dry and itchy with a mild rash, and if you develop any of these symptoms your moisturiser will help soothe your skin.

However should your skin become blistered, hot or painful please contact your nurse. If you need medical advice out of hours please contact NHS24, freephone 111.

## Risks

Premature ageing of the skin (e.g. dryness, wrinkling) can occur in patients who have had UVB therapy for many years and such individuals may be at an increased risk of skin cancer.

This risk is related to the total lifetime exposure from sunlight as well as treatment.

Patients who have received over 200 treatments are reviewed annually.