

CAN WE MAKE YOUR VISIT EASIER?

... putting people at the heart of everything we do ...

We want to make your visit to Ashford and St. Peter's Hospitals easier. Some things we can provide quickly, others may take time to arrange. Whatever your need – please ask for help.

We can provide interpreters for a variety of languages, information in larger print or Braille, plus audio and other formats.

If you require a translation please call: 01932 723553

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723 553 تماس بگیرید۔ Farsi

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553 Punjabi

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤکرم اس فون نمبر 01932 723 553 پر رابطہ کریں Urdu

Se precisa de uma tradução por favor contacte: 01932 723553 Portuguese

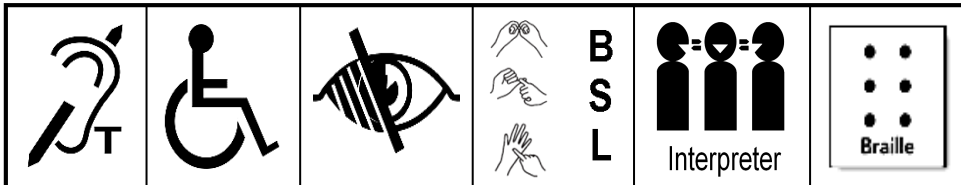
यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553 Hindi

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553 Bengali

Ashford and St. Peter's Hospitals **NHS**
NHS Trust

BROADBAND UVB treatment

Dermatology Department



Ashford Hospital, London Road, Ashford, Middlesex, TW15 3AA.

Telephone: 01784 884488 Fax: 01784 884017

St. Peter's Hospital, Guildford Road, Chertsey, Surrey, KT16 0PZ.

Telephone: 01932 872000 Fax: 01932 874757

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

BROADBAND UVB

Ultraviolet radiation from artificial light sources has been used by dermatologists for almost 100 years and is a widely used and effective treatment for 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, current medication etc. Your doctor decided to use broadband UVB in your particular case.

PROCEDURE

All treatments are nurse supervised and given in stand-up cabinets surrounded by fluorescent lamps. Following assessment in the General Dermatology Clinic by a doctor, a nurse will book 15-35 phototherapy appointments for you (the exact number of treatments depends on various factors). The appointment time allocated to you will usually be the same at each visit. Broadband UVB treatment is usually given 3 times per week, at regular intervals. This might be reduced to once or twice a week or even once a fortnight when your skin condition improves.

The Phototherapy unit is open 08.00 – 17.00 Monday, Wednesday, Thursday and Friday. The unit is closed on all Bank Holidays. The staff will inform you of any changes.

At the first visit a limited area of your skin will be exposed as a test treatment. At subsequent visits, the whole body will usually be exposed. The administered UVB dose will slowly increase at each visit, depending on skin type, disease and skin response (or lack of response).

FURTHER INFORMATION

In case of emergencies or if you need to cancel your appointment please ring **01932 72 3322**. An answer phone is in use when the unit is not open.

Details regarding our hospitals, including information regarding the Department caring for you can be found by logging on to our website www.ashfordstpeters.nhs.uk or the National NHS website www.nhs.uk which includes an A to Z guide to health.

Our staff endeavour to provide an excellent service but we do recognise that there are times when you may have concerns. In the first instance please raise these with the Senior Nurse or Manager in charge when you are at the hospital. If they are unable to resolve your query satisfactorily please contact our Patient Advice and Liaison Service (PALS) on **01932 723 553** or e-mail www.pals@asph.nhs.uk.

Having done this, if you remain concerned our Complaints Manager can be contacted on **01932 722 612** or by e-mail www.complaints@asph.nhs.uk

Author:	Dr Stefanie Williams
Department:	Dermatology
Version: 2	Published 24/08/2009

Initially treatment will take less than one minute, gradually increasing to a maximum of 10-15 minutes.

A visor or goggles might be provided to shield your eyes/face. If the eyelids are also affected patients may stand without goggles but with their eyes closed from the start of treatment. Provided the eyes are properly shielded during treatment, there is no danger to those with cataracts, lens implants or other eye disorders. There is no need to protect your eyes after treatment.

ADVERSE EFFECTS

Mild side effects are common, but usually only short lasting. Most of them can be treated by creams or will spontaneously disappear a few days after stopping treatment. Possible side effects include:

Erythema: You might get a tan in treated areas. Sometimes redness and discomfort of the treated skin might occur (similar to sunburn). If you start to go red on the day of treatment, apply a steroid cream or lotion, e.g. Dermovate, Betnovate, Elocon or Locoid and get in touch with the phototherapy nurse as soon as possible (Tel. **01932 723 322**). We may suspend treatment until symptoms have settled. Very occasionally severe redness or blisters may develop. You must inform the nurse if you develop any skin redness, so that we can adjust the UV dose and treat the problem, if necessary.

Skin Dryness: There will be an increased tendency for dryness of treated skin areas during therapy and for about 4 weeks after treatment. As part of your treatment you must apply emollients twice daily to your whole body (not just the lesions).

Folliculitis: Inflammation of hair follicles may occur. These do not cause discomfort and usually require no treatment or interruption of UVB therapy. This may be prevented by applying moisturiser in downward strokes only.

Herpes Simplex: Those who have had cold sores previously may get a flare up. We therefore recommend sunscreen application to the lips during treatment in order to reduce the risk of cold sores. Remember to ask the nurse for a lip sunscreen before every treatment.

Photosensitivity: In those who have a concomitant photodermatosis (i.e. a skin condition caused or aggravated by light), a flare up may occur.

DO`S AND DON`TS

- Dry flaky skin will deflect the light, rendering UV therapy less effective. It is therefore especially important to keep your skin well moisturised by applying an emollient liberally twice a day. However, as some creams are not ideal to be used prior to UVB treatment, we recommend to apply only Diprobase cream, Cetraben cream, Oilatum cream or Doublebase before treatment on phototherapy days. Avoid tar containing creams, steroids, oils and vitamin D and A preparations directly prior to your UVB treatment.
- Never use a sun bed or indulge in sunbathing during the entire course of your light treatment. This would increase the risk of burning and makes it impossible to determine the cause and/or dose of burning.

- Always remember to inform the doctor or nurse if you are taking, or about to start any new medication or cream while having UVB treatment. This includes over-the-counter products such as St. John's Wort.
- Plants and weeds may have photosensitisers in them, so avoid handling them for at least two hours before treatment (e.g. cooking with celery, parsnips or figs).
- In order to maximise the benefits of your phototherapy and so as not to inconvenience other patients, regular and punctual attendance is mandatory. Treatment will otherwise have to be withdrawn.
- Jewellery should be removed for treatment. Rings, if worn at the start of treatment, have then to be worn at every treatment thereafter, as areas covered at the start will burn if subsequently exposed.
- For the same reason, avoid radical hairstyle changes or haircuts midway through treatment.
- If you need to bring children with you it is advisable to bring another adult to supervise them.
- Please bring a bag suitable for your clothes and personal belongings.