

HOME ULTRAVIOLET B (UVB) PHOTOTHERAPY

Phototherapy also known as light therapy is a common treatment for many inflammatory skin conditions including dermatitis, psoriasis, and mycosis fungoides. It is used for other conditions as well. The treatment is performed at home after you have purchased a home light unit (box). There are many places to purchase a unit. You will need a prescription from your physician. Occasionally your insurance company will require documentation to justify coverage under your plan.

Each light unit is different. There are however many things in common. The light unit will consist of a stand or bracket to be mounted to the wall. The light unit should **never** be mounted to a ceiling or other object. It should **never** be in a position where you are laying down. If you were to fall asleep under the light unit you could sustain severe life threatening burns. You should always mount the unit so that you are standing when receiving treatments. You will need to stand a predetermined distance from the lights. This distance is dependent on the unit and will be found in the unit instructions. Keep a constant distance between the light and you. Most modern light units also come with a timer. The timer is important because you will need to adjust the amount of time you are receiving treatment. The light unit will come with instructions on how much time you need to start with. You will gradually increase the amount of light exposure. The light bulbs will eventually need to be replaced. Please follow the manufacturer's recommendations.

Key points:

1. Always wear appropriate approved protective eye equipment while undergoing treatment. Severe corneal (eye) burns can occur if you do not.
2. Males should always wear an athletic supporter (jock strap), unless instructed otherwise.
3. Stand the same distance from the light.
4. Please notify your physician if burning occurs.
5. Avoid additional sunlight on the day of treatments.
6. Children undergoing home light treatment need the supervision of their parents.

Potential risks:

1. Sunburn
2. Increased risk for future skin cancers.
3. Increased risk for wrinkles, dyspigmentation, freckles, loss of skin tone and increased aging of the skin.
4. Some medications can increase your sensitivity to light. Please inform your doctor of all medicines you take, and any changes to your medications.

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated.
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.
Penn State Hershey Medical Group, Colonnade Building (814)272-4445