



0400002

PLACE LABEL HERE.

IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR#

**NARROW BAND ULTRAVIOLET B (NBUVB) PHOTOTHERAPY
PATIENT DISCHARGE INSTRUCTIONS**

Your physician has elected to treat your skin condition with ultraviolet light treatments or NBUVB because you have not had adequate response to topical forms of treatment. While undergoing NBUVB therapy, you will be exposed to UV light three times a week. 20-35 treatments are required for clearing.

- We will explain the treatment fully and ask you to sign an informed consent form.
- NBUVB may flare cold sores (fever blisters) so let your nurse know if you have a history of cold sores.
- You will wear NBUVB goggles during treatment. If you have involvement of the eyelids, we may have you close your eyes without the goggles for a very short time.
- Male genitalia will be covered by an athletic supporter, underwear or towel.
- Exposure to the face will be limited as much as possible.
- Treatment times will vary. We will gradually increase exposure per phototherapy guidelines.
- The physician may prescribe ointments or creams to be applied to your skin at home or they may suggest you use Vaseline, lotions or mineral oil to keep your skin well lubricated. Soaking baths using warm (not hot) water are better than showers. Should bath oils be suggested, use with caution as tub may become slippery. Use whatever is prescribed. Remember to pat your skin dry rather than rub dry with a towel. After patting dry, quickly apply the oils, lotions, Vaseline or creams while skin is still in order to trap the moisture. Dry skin can be very itchy, so keep your skin well lubricated and do not scratch. Mineral oil should be applied to your skin just before your treatment.
- When you arrive for your treatment, you must register on the first floor of Primary Care and then you will be given a sticker for the parking garage at the Dermatology Clinic front desk.
- We will look at your skin and ask about your response to the last treatment.
- You will not see your physician at each visit, but will be closely monitored by a nurse.

PATIENT RESPONSIBILITIES ARE:

- Contact your insurance company if you expect coverage for the treatments.
- Keep your appointment. Good compliance equals good response. The most common cause of treatment failure is missed appointments.
- Do your part by keeping your skin well lubricated.
- Notify your nurse or physician if another doctor or dentist starts you on a new medication and be sure to tell the prescribing physician that you are undergoing ultraviolet light treatments.
- Do not sunbathe or expose your skin to the sun on treatment days as this can cause a very bad sunburn.
- Talk to the nurse, ask any questions, and if your skin is pink when the next treatment is due, call the nurse as we may cancel the appointment or have you come in to see the physician. The Dermatology Clinic telephone number is 434-924-5115.
- Be punctual and call if you cannot keep your appointment.

POSSIBLE SIDE EFFECTS ARE:

- Sunburn type reaction with tenderness or blistering.
- New rash or worsening of condition.
- Treatment failure.

We will be very careful, but it is possible that you may be uncomfortable. If you can take aspirin, you may take 2 every 4 hours until the discomfort eases. Other treatments may be prescribed if discomfort is severe. In cases of treatment failure, other options are available.

I have read the above information. All of my questions have been answered and I fully understand my responsibilities pertaining to my treatment.

PATIENT NAME/SIGNATURE OR RESPONSIBLE PARTY

Reviewed by: _____

Staff Name/Signature _____ Date _____

If Translated: Translation provided by: _____ Date _____

Interpreter Name _____ CyracomID# _____