



DERMATOLOGY  
ASSOCIATES OF ITHACA  
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## DID YOU KNOW?

In agreement with the National Psoriasis Foundation, Dermatology Associates of Ithaca does not support the use of indoor tanning beds as a substitute for phototherapy performed with a prescription and under a doctor's supervision. Indoor tanning can raise the risk of melanoma by 59% or more, according to the American Academy of Dermatology and World Health Organization, and does not provide the type of light that most effectively treats psoriasis.



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# NARROWBAND (NB-UVB) PHOTOTHERAPY

Phototherapy involves exposing the skin to ultraviolet light, through a course of treatments, under medical supervision. The patient is placed in a specially designed booth containing special UV light tubes. The UVB penetrates the skin and slows the growth of the affected skin cells. NB-UVB is used to treat various skin diseases including psoriasis and eczema.

## Side Effects:

- NB-UVB can result in burning, just like sunlight.
- Eye damage if the eyes are not sufficiently protected.
- Long-term exposure to ultraviolet radiation can cause damage to the skin and increase your risk of skin cancers.
- Skin discoloration
- Itching
- Moisturizer should be applied to burnt skin frequently
  - If recommended and prescribed by your provider, topical cortisone steroids preparations should be applied.

## What should I expect with phototherapy?

A prescribed treatment plan will initially require 2-3 treatments per week. The patient will get undressed, except for underwear and protective goggles, and step into the UVB booth. While in the booth, the whole body is exposed to the UVB for a monitored short period of time (minutes and seconds). Careful records are kept of your response and the amount of UV is carefully monitored. Different protocols are in place depending on an individual's skin type, skin condition and other factors. Let the office know if you experience any discomfort. Most patients require 15-25 treatments to see clearance.

## Important Guidelines

- During treatment, GOGGLES need to be worn! Close your eyes as much as possible.
- Wear the same attire each time you come, this ensures the same areas are exposed each time.
- You may bring unscented moisturizing lotion to apply before your treatment to allow better light penetration
- DO NOT apply your medicated ointments/creams/gels 3-4 hours before your phototherapy treatment.
- INFORM us anytime you start any new medications. Even over-the-counter medications can cause sun sensitivity and may result in burning during treatment.
- If you are sensitive to the sun because of a medical condition (lupus, porphyria) or medication (tetracycline, sulfa drugs), tell us before starting treatment.
- Bring sunscreen to apply to areas that will be exposed, but not treated—i.e., your face.