



Narrow Band UVB Phototherapy

The purpose of this document is to provide written information regarding the risks, benefits and alternatives of the procedure named above. This material serves as a supplement to the discussion you have with your physician. It is important that you fully understand this information, so please read this document thoroughly.

The procedure: Narrow Band UVB phototherapy (NBUVB) refers to irradiation with short wave ultraviolet radiation. To treat the whole body, the patient, undressed, stands in a specially designed cabinet containing fluorescent light tubes. The effect of NBUVB is similar to the sun. excessive exposure contributes to aging skin and to the risk of skin cancer.

Benefits

You might receive the following benefits. The doctor cannot guarantee you will receive any of these benefits. Only you can decide if the benefits are worth the risk.

1. Partial or temporary relief from symptoms.
2. Improvement in psoriasis lesions
3. Improvement of eczema lesions

Risks

Before undergoing one of these procedures, understand the associated risks is essential. No procedure is completely risk free. The following risks are well recognized, but there may also be risks not included in the list that are unforeseen by your doctor.

1. NBUVB may result in a sunburn-like reaction called phototoxic erythema. It is more likely in fair skinned patients who sunburn easily.

2. Sensitive areas such as the face, neck, breast, buttocks, and genitalia may need to be covered for all or part of the treatment.
3. Temporary mild pricking or itching of the skin is common after treatment. Certain medications may increase the risks of burning with UVB exposure. You must notify the technician of any medications or change in system or topical medication.
4. UVB can lead to tanning. Although the skin appears brown it may still burn on sun exposure.
5. If the eyes are not protected from UV radiation, keratitis may occur.
6. Damage to the lens in the eye leading to cataracts is another possible risk. Protective eyewear must be worn during treatment.
7. Extensive UVB treatment result in premature aging changes in the skin (e.i. increase dryness, freckling and wrinkling) and can increase the risk of skin cancer. Fair skinned individuals or those with previous sun or radiation damage are at most risk.
8. Patient on long term maintenance therapy should have their skin checked by the specialist at least every 6 months. Bring any new moles of freckles, scores which are slow to heal, or growing lumps to the doctor's attention.
9. Pain may be associated with this procedure and the healing process.

The alternatives to this procedure included:

1. Not undergoing the procedure
2. PUVA phototherapy- Not offered in our office
3. Topical medications
4. Other systemic medications if you decide not to have this procedure, there may be associated risks to this decision. Please discuss it with your doctor.

If you have any questions regarding the procedure, risks, benefits or alternatives to this procedure, ask your physician prior to signing any consent forms.

Signature _____

Date _____