

For Psoriasis Patients preparing to begin Phototherapy (TL01)

Medical phototherapy makes therapeutic use of ultraviolet rays, which are also found in natural sunlight. Depending on the skin disease to be treated, either UVA or UVB light is administered, or a combination of the two. You will be treated using **UVB** light.

- Continuity is important in achieving the best possible treatment results. We recommend three treatment sessions per week. The dosage will need to be lowered following any interruptions to your treatment schedule.
- We recommend a treatment period of a maximum of 12 weeks.
- Your eyes will be protected during your phototherapy sessions using UV-protective glasses provided by the treatment staff. Patients' faces and male patients' genital areas will be covered during therapy sessions, although these areas can also be treated in exceptional cases if prescribed by a doctor.
- The treatment staff will always consult with you in deciding what dosage is suitable for the current session before you enter the box. **The dosage level will be set and the treatment initiated by the staff.**
- **De-scaling and applying an emollient are important steps in preparing for phototherapy** if it is to achieve a good result. **You must always follow the same skin care treatment and showering routines** before each treatment session.
- You will undergo 20–25 therapy sessions per course of treatment, unless your doctor has prescribed otherwise. If the treatment should fail to have the desired effect, we can schedule a new assessment by a doctor.

IMPORTANT

- Your phototherapy prescription is valid for one month from the date it was issued. If your treatment schedule is interrupted for longer than two weeks, your course of treatment will be cancelled unless there is a special reason for the disruption.
- Certain medications must not be combined with phototherapy. Therefore, it is important that you inform the staff of any new medications you may have begun taking during the course of your treatment.
- Do not wear sunscreen, make-up, or perfume during phototherapy sessions.
- Be careful about actively sunbathing outdoors, and do not tan in a solarium during the course of your treatment.
- Should you experience any side effects from your phototherapy, please contact the unit, phone: **+46 (0)31-342 19 86**. If the clinic is closed, please contact Sahlgrenska's switchboard on +46 (0)31-342 10 00 and ask for the dermatologist on call (*hudjouren*).