



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Information for Patients Receiving UVB (Narrowband) Treatment

Information for patients, relatives and carers

① For more information, please contact:

Department of Dermatology

The York Hospital
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Tel: 01904 631313

New Selby War Memorial Hospital
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Contents	Page
What is UVB therapy?	3
Are there any alternatives to UVB therapy?	3
What is involved?	4
How often do I have treatment?.....	5
What are the side effects?	6
What are the long-term risks?.....	8
What do I do after treatment?	9
How to contact us	9
Tell us what you think of this leaflet	10
Teaching, training and research.....	10
Patient Advice and Liaison Service (PALS).....	10

The purpose of this leaflet is to give you information about the treatment that has been recommended for your skin condition. In this leaflet we give you the answers to the most common questions that patients ask. If you have other questions that are not covered please ask the staff in the clinic, they are there to help you.

What is UVB therapy?

UVB is ultra-violet light which is a treatment for various conditions, including your skin condition. The usual type is narrowband UVB which compared with traditional (broadband) UVB produces more benefit and less burning.

Are there any alternatives to UVB therapy?

UVB therapy has been recommended for you by the doctor seeing you in the clinic. If other treatment options are suitable for you they should have been discussed with you by your doctor. We have written information available on most treatments, all of which have their pros and cons. If you would like any more information please ask.

What is involved?

- You will be offered an appointment to attend a pre-assessment clinic. At this appointment we will discuss your treatment and assess your skin condition. If your skin condition allows, we will do a test dose of light therapy on a small area of skin. The time of exposure for your first treatment is based on your skin's reaction to this test dose. If your skin condition is extensive we will still do a test dose and your first treatment time will be based on your skin type. If this happens, the nurse will assess your skin to determine your skin type before we start your light treatment.
- After your pre-assessment and test dose of phototherapy you will be given an appointment for the following day. At this appointment the nurses will read and assess the results of the test dose, you may then have your first course of light treatment, sometimes you may need to wait to start treatment.
- You will stand unclothed in a cabinet with UVB light tubes. However, you may be asked to wear cotton clothes during treatment to protect the skin that does not need treating.
- You will be provided with close fitting goggles, which must be worn throughout. **Do not open your eyes during treatment.**

- Men will be advised to bring a scrotal support or a sock to be worn over the genital area while having treatment.
- All clothes worn during treatment should be of close thick weave fabric, and the same clothes **must** be worn during every treatment.
- Avoid having a haircut during the course of treatment.

How often do I have treatment?

This light therapy is usually given three times a week (Monday, Wednesday and Friday) however; your doctor may decide you need less or more treatments, depending on your skin condition. It is very important that you attend all appointments to maximise the benefit of treatment. If you are unable to attend, please contact the department. If you fail to attend more than two treatments without informing staff, your treatment time may be given to another patient and your treatment maybe stopped and you could be discharged.

What are the side effects?

Any side effects that you experience must be discussed with the nurse.

Common side effects to be aware of are redness, itching, soreness and burning following treatment. The risk of problems is reduced by the pre-treatment assessment and the gradual increase in dose. Depending on the severity of any problems, the nurse may not give you your treatment until your skin has settled. If you have a history of cold sores triggered by the sun, these can be triggered by UVB treatment. Please speak to the nurse if you have any concerns about this.

To minimise the risk of this:

1. Do not apply cosmetics, perfumes, aftershaves or deodorants for at least four hours before your treatment as these may make your skin more sensitive to ultraviolet light, resulting in patchy discolouration of the skin.
2. Skin dryness and itching can be helped by the use of moisturising cream which can be applied up to 30 minutes before treatment. If you have any questions about this please ask one of the nurses.

3. Please make sure you use a SPF sun protection of 30 or more between the months of March and October.
4. Do not use artificial sources of ultra-violet light (e.g. sun bed).
5. Inform the doctor or nurse of any medication you are taking especially if you start taking any new medication once your treatment has begun.

What are the long-term risks?

After many years of light therapy treatments there may be an increased risk of developing skin cancer. The actual risk levels are thought to be very low for this particular form of sun light therapy. To reduce the risks we try to keep courses of light treatment as short as possible.

This form of light treatment has been safely used during pregnancy. However if you have any concerns please discuss them with the staff.

What do I do after treatment?

After your treatment you may find it helpful to apply a moisturiser (emollient). You should continue to use any topical skin treatments prescribed by your doctor on treatment days as well as the days you do not have light therapy.

How to contact us

If you have concerns between your appointments, please contact the department, and one of the nurses will be able to help you.

York Clinic

Tel: 01904 726629

Monday to Friday 7am to 5.30pm

Scarborough Clinic

Tel: 01723 342492

Monday to Friday

Selby Clinic

Tel: 01904 724296

Monday to Friday 8.00am to 5.00pm

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please speak to the nurses on your next visit to the department or contact the department you are having your treatment with.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

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