**Hudklinikken Trianglen, August 2021.**

**UVB Treatment**

Information

**Hudklinikken Trianglen**

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**UVB Treatment**

**Treatment with UltraViolet (UV) Light**

Treatment with UV light is an effective treatment for psoriasis, eczema and pruritic skin conditions.

UVB light is a shortwave ultraviolet light. UVB treatment can be either narrowband UVB or broadband UVB. In this clinic we offer treatment with narrowband UVB.

**What takes place during the treatment?**

The treatment takes place standing inside a UVB cabinet. Please stand in the same position every time, and use a paper sheet at the bottom of the cabinet for hygienic reasons.

You must wear protective eye goggles when having UVB treatment. The face is protected with a protective face visor (unless the doctor prescribes differently). The face visor is cleaned with ethanol between every patient.

Jewellery and clothes are removed before the treatment.

The treatment takes place 3-4 times a week. The amount of time in the light cabinet will increase during the treatment period, i.e. you will start with 20 seconds and end with 2 minutes.

The Dermatologist will make a medical evaluation of the efficacy after 3-6 weeks. The treatment is continued until there is an effect, with a maximum of 30 treatments successively.

Please avoid any further sun exposure on the treatment days.

**Second treatment**

You are allowed to use topical treatment (e.g. corticosteroid creams or emollients) in combination with the UVB treatment. You should, however, avoid applying any kind of cream 3 hours before the UVB treatment so the UVB is able to penetrate the skin surface.

Creams/Ointments containing salicylic acid (e.g. salicylic Vaseline, Diprosalic and Propiosalic) reduce the effect of the UVB, and should therefore not be applied 24 hours before the UVB treatment.

Remember to inform the staff if you have started any new medication during the UVB treatment period as some types of medication can increase photosensibility of your skin and thereby cause a sun burn like reaction.

**Potential side effects of the UVB treatment in general**

UVB may cause your skin to become mildly red and burnt.

UVB tends to cause dry skin, so it is important to apply moisturizers regularly.

Just as natural sun light may age your skin and increase the risk of skin cancer, so may repeated use of UVB for many years.

**Remember!**

1. Avoid interruptions during the UVB treatment
2. Apply moisturizers regularly after UVB treatment
3. Avoid any further sun exposure or sun tanning bed during the UVB treatment period.