



DermAssociates, PC
Since 1974

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PHOTOTHERAPY GUIDELINES

Narrow Band Ultraviolet B (NB-UVB) phototherapy involves standing in a light box, a closed-in cubicle, which is lined with ultraviolet lights. You will NOT be locked into the light cabinet. You may open the doors and exit the booth at any time during the treatment. In the beginning, treatment sessions may last around one to two minutes. Treatment times slowly increase with each visit depending on patient tolerance and skin disease being treated.

1. Always wear protective eye gear. We sell goggles at our cost for \$12.00. Additionally, please keep your eyes closed during the entire treatment with your goggles on.

2. Inform the doctor or assistant if you have any condition, such as lupus, that makes you more susceptible to sunlight.

3. Let us know if you are taking any medications that may cause photosensitivity. These include but are not limited to thiazide diuretics and certain antibiotics.

4. Prior to light therapy, you may apply a sunscreen with an SPF of 30 or above to non-involved areas of your skin. Psoriasis patients should apply a lubricant such as Vaseline or Aquaphor to the involved areas.

5. During phototherapy, you can cover the areas that are not involved, such as your face, buttocks, or genitalia.

6. The doctor may recommend that you have therapy 2-3 times per week, however, it's not advisable to have it on 2 consecutive days.

7. Let us know if your experience a sunburn on previous treatments.

Please follow up with your dermatologist every 3 to 6 months while being undergoing phototherapy treatments.



If you have any questions please feel free to contact us at 301.681.7000