



Narrowband UVB (NB-UVB) Phototherapy

What to expect:

1. Phototherapy times will slowly increase, starting at about 60 seconds (depending on your skin type) and increasing about 10% each visit.
2. You can expect your skin to tan and occasionally burn as we increase the dose.
3. Expose only your affected skin – cover the unaffected skin with sunscreen or clothing.
4. Always wear underwear and goggles.
5. Response is slow – it will likely take at least 2-3 months before you notice much improvement.
6. Once a good response has been obtained we will taper off your frequency and eventually stop treatments altogether if possible.
7. Increased skin wrinkling may be seen years later due to increased UVB exposure. This is dependent on the lifetime amount of phototherapy used.
8. There is currently NO known risk of skin cancer related to therapeutic use of NB-UVB. There is however a theoretical risk.
9. Hours: Monday-Friday “walk-in” style. No appointment needed. Seasonal hours posted on website and at clinic.

NB-UVB phototherapy emit a narrow spectrum of ultraviolet light (311 nm). NB-UVB works by reducing the inflammatory cells that are overactive in various skin conditions.

Tips for NB-UVB Phototherapy Treatment

- Psoriasis may flare up in the fall with reduced exposure to sunlight. We want you to achieve improvement by suggesting more frequent attendance for a few weeks.
- Prescription creams can block penetration of phototherapy to your skin. We recommend you come without your prescription creams applied.
- Very scaly skin reflects light. Moisturize your scaly lesions prior to treatment.
- Some medications can make you more sensitive to phototherapy. Please inform us of any new medications.
- Winter months are busy for phototherapy! Certain times and days are less busy. If your schedule allows, ask our staff for some hints about best times for us to treat you.
- 90% of psoriasis patients have significant improvement with phototherapy. If you are not improving after 3 months of regular attendance, please book a follow-up to review your condition. There may be other suggestions we can offer you.
- Phototherapy is considered very safe. However, it will cause photo-aging of the skin with prolonged use. We suggest you cover any areas of your skin not requiring treatment.
- Some parts of your body don't see the sun very often! Feel free to use sunscreen on sensitive parts of your skin. Be careful to do this every time since these areas will continue to need protection. We have sunscreen available for your use.
- Do you have resistant lower leg lesions? By using our step-stool, you will be elevating your legs to expose them to the more powerful middle part of the bulb.
- Are you 90% improved? We hope you achieve this target. When you are close, please let us direct your tapering of treatment.
- Are you ready to stop treatment? Enjoy the break and be assured you are welcome to return when you need to. Just let us know.
- Do you have all the information you need to understand your skin condition? Please let us know if you would like a patient handout or a follow up visit with the doctor to answer your questions.