

CONSENT

You will be asked to sign a consent form before your treatment starts. This gives us your agreement for us to proceed with treatment. It is important that you understand how this treatment will benefit you and what the risks and side effects of having such treatment are before you sign the form. We have listed the possible risks and side effects below. However, if you are still uncertain about anything, please ask a member of staff.

RISKS AND SIDE EFFECTS

1. UVL causes changes in pigmentation, ie, tanning and skin thickening. It also causes premature skin ageing if exposure is prolonged.
2. UVL exposure to the eyes can cause conjunctivitis and cataracts, so it is important to wear the goggles issued for treatment.
3. Prolonged exposure to UVL can cause skin cancer, but therapeutic UVL treatment carries minimal risk. However, prolonged exposure should be avoided, so your treatment may be terminated before your condition is completely resolved, or if the weather is such that you are getting enough exposure anyway.

AIM OF TREATMENT

Exposure of UVL will cause a reaction in your skin that will help new healthy skin to grow where you currently have patches of abnormal skin. We aim to time your treatment so that your skin becomes slightly pink, about 8 to 24 hours after treatment.

In most people this colour will be gone before the next treatment. If your skin becomes red and itchy after treatment, we will reduce the dose. In rare cases of overexposure, your skin may react like sunburn (red, hot, painful blistered). If this happens, please contact one of the numbers below.

OVER EXPOSURE

If you do develop symptoms like sunburn, please contact the following:

Monday to Friday 9.00 – 4.30:

Dermatology Secretary, Musgrove Park Hospital
Tel: 01823 342156

After 4.30 and at weekends:

A&E Department, Yeovil District Hospital
Tel: 01935 384355

If you have any questions or require further information or advice, please contact:

**Physiotherapy Department on:
01935 384358 (between 8.30 am and 5 pm)**

INFORMATION FOR PATIENTS HAVING ULTRA VIOLET TREATMENT (TL01)

***Physiotherapy
Department***

BACKGROUND INFORMATION

Therapeutic ultraviolet light (UVL) has been used in the treatment of skin conditions such as acne, psoriasis and folliculitis for many years.

You may have noticed that your skin condition improves in the summer or with exposure to sunlight. This is because the sun bombards the earth with electromagnetic rays or radiations. Therapeutic UVL has been developed to deliver the maximum number of useful rays while reducing the number of potentially harmful rays to a minimum.

Research has shown that skin conditions like psoriasis improve when the skin is treated with radiation. It is important that you understand that although the risks of being exposed to UVL have been minimised, it is still similar to being out in the sun.

Consequently, too much exposure will result in symptoms like sunburn, ie, heat, redness, itching and subsequent peeling. Similarly, prolonged over exposure may result in premature signs of ageing of the skin and there may be a minimal risk of increasing the chances of developing skin cancer associated with treatment. Therapeutic UVL is as safe as our current knowledge can make it. However, patients should be aware of these risks and if you have any doubts as to health and safety issues associated with this treatment, please discuss these with your consultant or doctor.

TREATMENT

The UVL machine, called a TL01, looks similar to a large telephone kiosk but with tubes and reflectors instead of glass. You will have to stand upright for the duration of the treatment, which may take up to between 15

and 20 minutes. Treatment sessions need to be regular, with 3 times per week (Mon, Wed, Fri) being the most effective option.

Please note that you will be expected to remove all your clothes for treatment as this allows for the best and most consistent treatment. However, male patients are advised to bring a black sock to cover their genitals as treatment in this specific area is not considered advisable. All patients have to wear eye protection and some may need to wear a visor if they find their ears or face react strongly.

The initial dose is calculated according to your skin type and colour and how easily you tan or burn. The treatment time is calculated by the machine and will last for seconds rather than minutes to start with. With each successive treatment, the exposure time will increase as your skin builds up its tolerance to UV light, in the same way as it would to sunlight. Because of this, it is important that you do not miss any treatment sessions and avoid exposure to sunlight in between treatments. Some foods, such as strawberries and lobster, can also sensitise the skin to UVL and any variations in your normal diet should be noted and reported to the physiotherapist concerned.

Accurate feedback on your skin reaction to each dose is a vital component of treatment and the information required is as follows:

1. What reaction, if any, did your skin have to treatment, eg, was it none, just pink, definitely pink, red or like sunburn?
2. How long the colour lasted, eg, was it for hours or days?

3. Was there any subsequent peeling and, if so, to what extent?

PRECAUTIONS

Medications

Please note that you should not apply any form of cream, spray or make-up before coming for UVL as this may affect the treatment.

It is also important that you inform the physiotherapist responsible for your treatment if you change, start or stop any medication during the course of treatment, as some drugs sensitise the skin to UVL.

Other Medical Conditions

If you have ever suffered from fainting, black-outs, epileptic or other fits, or suffer from claustrophobia, you must inform the therapist in charge of your treatment, as it may not be safe to proceed.

Children

Children cannot be accompanied by an adult in the TL01 so children will not be referred for treatment until they can understand and follow instructions reliably. However, children should be accompanied by an adult who is prepared to remain in the UVL room.

Jewellery/Hairstyles

For consistency of exposure, we recommend that all jewellery is removed for treatment and that long hair is tied up off the neck. New hairstyles should be avoided during the treatment as previously un-exposed areas may burn.