

Patient information

TLO1 Narrowband UVB

Dermatology Department

What is TLO1?

TLO1 narrowband Ultraviolet-B (UVB) is a light source that is widely used as an effective treatment for a number of inflammatory skin disorders.

A safety test called an MED (see leaflet PIF 628) may be performed before starting TLO1.

What are the benefits of treatment?

The aim is to improve your skin condition.

What are the risks and side effects of TLO1?

Acute

- Itching, dryness and skin redness are common.
- Burning, soreness, blisters.
- Freckles, tanning.
- Cold sores (if a sufferer).

Chronic

- Skin ageing with wrinkling.
- Skin cancer is a possibility if given excess numbers of treatments in a lifetime.

The chance of you developing any of the side effects will depend on your skin type.

We try to reduce the risk of side effects by carrying out a thorough assessment before starting your treatment. Your skin will be closely monitored throughout your treatment.

Your treatment

Your treatment will be carried out three times each week as an outpatient. This treatment may be given alone or in combination with creams and ointments.

Are there any alternative treatments available?

UVB is usually offered as your skin is not responding to creams however tablet therapy can also be used in some cases.

What will happen if I decide not to have treatment?

You can continue with your creams but your skin condition may worsen and you may require tablet therapy.

A qualified nurse will supervise all treatments and treatments will be given in a stand-up TLO1 cabinet that is lined with fluorescent tubes.

All patients while receiving treatment must wear protective goggles and male patients should protect genitalia with a dark sock as light treatment may increase the risk of skin cancer in this area.

Your treatment time in the cabinet will gradually increase as your course of UVB treatment progresses.

Advice during TLO1

Do:

- Tell your nurses of any new medications you are taking.
- Attend regularly and let us know if you have a problem attending e.g. holidays.
- Avoid changes in hairstyle.

Do not:

- Sunbathe or use sunbeds.
- Wear cosmetics and perfumes during treatment as they increase sensitivity to UVB.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Lynn Owens
Advanced Nurse Practitioner
Phototherapy Unit (off ward 4)
Level 2 Alexandra Wing
Broadgreen Hospital
Tel: 0151 282 6892
Text phone number: 18001 0151 282 6892

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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