

Patient information

TLO1 Narrowband UVB Phototherapy

Dermatology Department - Aintree Hospital

What is TLO1?

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

What is an MED?

An MED (Minimal Erythema Dose) is a safety test which is usually carried out before starting TLO1. An MED is performed to help establish a safe starting dose by measuring your skin's sensitivity to light.

A hand held lamp is placed directly onto the skin and ten small doses of light are given.

The test area will be assessed after 24 hours.

It is expected that there will be redness to the test areas exposed to the higher doses of light, very occasionally these areas may blister.

Do not use steroid creams on the MED test area.

What are the benefits of TLO1?

The aim of TLO1 is to improve your skin condition

What are the risks and side effects of TLO1?

Acute (short term)

- Itching and dryness.
- Sunburn reaction (rarely blistering of the skin may occur).
- Tanning.
- Cold sore activation (if a sufferer).
- Polymorphic light eruption (a transient itchy sun induced rash may occasionally occur).

Chronic (long term)

- Skin ageing with wrinkling, freckling, age spots and rough areas of skin called solar keratosis.
- Skin cancer is a possibility if given excess numbers of treatments in a lifetime.

The increased risk of skin cancer is related to your total lifetime exposure to ultraviolet light from natural sunlight as well as artificial ultraviolet light. Other factors such as how easily you burn in the sun also increase your risk of skin cancer.

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.

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 happens during TLO1?

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

For treatment to be effective it is important to attend regularly.

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

Male patients should protect genitalia with a dark sock as light treatment may increase the risk of skin cancer to this area.

Advice during TLO1

Do:

- Wear protective goggles and face visor provided.
- Attend regularly and let us know if you have a problem attending e.g. holidays.
- Tell the nurse if you are started on new medication.
- Use plentiful amounts of moisturiser during your course of treatment.
- Male patients must protect genitalia with a dark sock.

Do not:

- Sunbathe or use sunbeds.
- Wear cosmetics and perfumes during treatment as they increase sensitivity to UVB.
- Have a radical haircut or hairstyle change as previously covered skin will burn.

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

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