

Dermatology - Phototherapy Treatment

The phototherapy suite is run by our Dermatology Clinical Nurse Specialist – Marie Stubbins. We have just bought a brand new phototherapy cabinet for the Dermatology Service.



This is a walk in cabinet which surrounds the patient with the light therapy allowing the whole body to be treated at once. We also have a mobile hand and foot unit for the treatment of smaller areas.



Ultraviolet is given out by sunlight and is invisible. The wavelengths that we use for our patients aim to give the best possible improvement in the skin with the lowest risks.

There are different types of light treatment:

- Short wave ultraviolet light (UVB)
- A mixture of long and short wave ultraviolet light (UVA & UVB)
- TL01 narrow band phototherapy
- PUVA. This is long wave ultraviolet light with psoralens (a plant extract which sensitises the skin to ultraviolet light)

Ultraviolet treatment involves attending two or three times weekly, usually for 6 to 8 weeks. Eczema and psoriasis are the commonest diseases treated. Some other rarer diseases are also treated. The department aims to be as flexible as possible with appointments, within the times available. We aim to help our patients fit the treatment around their busy schedules.

Ultraviolet light treatment does have some risk of burning (if too much is given) and increased risk of skin cancer. The Ultraviolet gives a tan which results eventually in the skin looking older. So the treatment is not done if the condition can be treated safely with

creams. For people who are struggling to cope despite using the creams correctly, the treatment can make a huge difference.

Most people with psoriasis and eczema improve and many clear up with a course of treatment. The ultraviolet can be particularly good for dealing with extensive skin problems where it is not really practical using creams. This treatment isn't a cure so many people do come back for further treatments.

Nobody can tell how long the skin will remain clear for. Some people have problems again within a few weeks, others can stay clear for years.