

UVB Phototherapy Instructions

- Phototherapy is carried out in the office by appointment. Your physician will determine the appropriate frequency for you.
- We try to accommodate your schedule as much as possible within office hours. As a courtesy to other patients who have phototherapy scheduled, we ask that you be on time for your treatment.
- When you come to the office, please let the receptionist know you are here for phototherapy so you will not be kept waiting. At times, our staff may be busy assisting patients which may result in a slight delay.
- During treatment, you will need a pillowcase to cover your head and neck, SPF 30 or higher sunscreen, and eye goggles, which may be purchased in the office. Male patients need a white sock to cover their genital area during treatments.
- You may wish to bring a robe to wear to and from the photo booth. Also, you may need a t-shirt to shield your body if your arms and legs need longer exposure.
- Please become familiar with the safety features of the ultra-violet light box, such as the position of the handlebars and the call button, which may be used to interrupt your treatment at any time. In addition, you should be aware of the length of time you are treated.
- Periodically, your doctor will be evaluating your progress. Those visits will be treated as routine office visits. Please try to anticipate your need for prescription refills and anything else you would like to discuss.
- You may experience some pinkness or redness of the skin after light treatment. This may be localized to a small area or more generalized. If you feel that your skin is too sensitive to tolerate another light treatment, please call us and we will adjust your appointments.
- Phototherapy is generally covered by insurance and we will bill your insurance directly for all light treatments. However, it may be a good idea to check with your insurance company prior to treatment. Please be prepared to pay any copayments at the time of service.
- Please contact us if you have any questions or concerns.

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