Worcestershire NHS
Acute Hospitals NHS Trust

Department of Physiotherapy

Patient Information: Narrowband UVB (TL-01)

Introduction

This leaflet is aimed to provide you with a brief overview of TL-01. It is your responsibility to ensure you have read the leaflet in order to assist the effectiveness and safety of therapy. Please ask your clinician any additional questions if you require any more information.

What is Narrowband UVB / TL-01?

Phototherapy is the term used for light treatment. Natural sunlight contains a range of wavelengths or rays. Narrow band UVB or TL-01 phototherapy uses artificial sources, such as lamps or light tubes in a cabinet, to emit a specific UVB wavelength (mainly 311nm). The advantage of this is it reduces the side effects e.g. burning, caused by other rays e.g. UVA. TL-01 is used to treat a variety of skin disorders e.g. psoriasis, eczema or to assist desensitization of skin to sunlight.

What happens when I start TL-01 treatment?

Each follow up appointment lasts 10-15 minutes. The first treatment will only be a short time, about 40-90 seconds. The treatment will then gradually increase in time as the dose increases at each treatment session. This treatment is given 2-3 times a week, therefore treatment lasts for about 6-12 weeks. Generally 16-24 treatments are given but this varies for each person depending on how your skin and skin condition responds to treatment.

What should I do before the treatment?

DO:

1. Tell your clinician if you have taken any additional medication, or had any of your medication changed. This includes herbal remedies or creams.

DON'T:

1. Use any products on your skin before having treatment. This includes perfumed substances, aftershave, or cosmetics/make up and topical creams/ointments.
2. Drink alcohol prior to treatment.

This is because these can make your skin become more sensitive enhancing the action of TL-01 and increasing the risk of sunburn reaction.

What happens at the treatment session?

The clinician will check you are happy to have treatment and review your skin condition plus response to any previous treatments. Tell your clinician if you went pink or burnt after the last session as you may notice this the evening of treatment but it may no longer be seen at the next treatment session. It is very important to report this as it helps to correctly change your treatment dose to prevent further burning. You will be given special goggles to wear during treatment to protect your eyes when you are in the cabinet. These must not be removed during treatment and you are advised to avoid staring directly into the tubes light whilst in the cabinet. You may also be given a facial visor and asked to apply sun block to your lips for extra protection if you have had cold sores or to a small area if localised burning occurred. Male patients must wear fitted thick black/navy blue coloured pants or a sock to protect the genitalia as this has been shown to efficiently block the UV rays therefore avoiding the risk of genital skin tumours. Also if some areas of your skin are unaffected it may be possible to cover those areas to minimise UV exposure e.g. fitted vest/t-shirt but this will need to be dark/ navy blue. Care must be taken to ensure each session any clothing worn is in the same position to prevent localised burning of newly exposed skin. Once you are ready you can step into the cabinet and the clinician will re-check you have the

correct clothing and protective items needed. You will be told the time of treatment before the door is closed to start the treatment. After treatment is completed you are advised to apply moisturiser which is provided but you are welcome to bring your own if preferred. It is important to do this as it helps reduce the side effects of skin dryness and itching.

After the treatment session

During your course of treatment you are advised to:

- Continue wearing long sleeve tops, trousers, wide brimmed hats and gloves to cover your skin.
- Avoid other sources of UV radiation e.g. sun beds, sun lamps, and sunbathing.
- Use sun block factor 30+ on exposed skin areas e.g. neck, faces, ears.
- Don't have your hair cut shorter or wax. This is to prevent skin suddenly being treated with UV resulting in localised severe burning.

Side Effects

Short term side effects from TL-01 treatment:

- A sunburn like reaction which could be sore to touch often within 4-8 hours of treatment. This particularly affects those with a fair complexion. If a more severe reaction occurs, i.e. bright red skin, peeling or blistering, contact your clinician, GP or A&E immediately for further advice and treatment. You maybe given a cream to use and your treatment maybe missed or stopped.
- Skin dryness and itching
- Prickling sensation
- Cold sores
- Your skin may darken or tan after several treatment sessions.

Long term side effects from TL-01 treatment:

- It is reported that about 150-200 treatments will increase the long term risk of aging and skin cancer. Patients with fair skin are more at risk. These guidelines are based on receiving one course of treatment a year. It is very important to attend regularly for treatment to ensure the treatment is as effective as possible for your skin condition.
- Repeated courses of TL-01 will age the skin just as natural sunlight does. These changes may include wrinkling, freckles, dryness & thickening of the skin. It is therefore good to regularly monitor your skin and if you have any concerns discuss these with your consultant or G.P who will also be monitoring your skin.
- There is also a theoretical risk of damaging the lens of the eye potentially leading to cataracts but this should be prevented by correct use of goggles during treatment.

If you miss an appointment without informing us within 48 hours, you will be discharged from treatment. An answer phone is available within the department so please leave your name and telephone number if you are unable to speak directly to a member of staff.

Contact details

For further information please contact the relevant department you attended:

Physiotherapy Department
Alexandra Hospital
Redditch
Tel: 01527 512114

Other information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
  Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
  Information fact sheets on health and disease
- www.rcoa.ac.uk
  Information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'
- www.nhsdirect.nhs.uk
  On-line health encyclopaedia

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

"আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।"

Urdu

"اگرآپ کویہ دستی اشتہار کسی مُتبادل زُبان یا ساخت میں چاہیے (جیسے کہ بریل / ایزی ریڈ) تو پیشنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔"

Portuguese

"Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler)."

Polish

"Jeżeli pragniecie Państwo otrzymać tę broszurę w innym jeżyku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733."

Chinese

"如果您需要此份傳單的其他語言選擇或其他版本
(如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733與病患服務處聯繫。"

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet:_____ Date:_____

Comments:

Thank you for your help.