

Advice on PUVA Light Therapy (UVB & PUVA)

General Information

Ultra-Violet light (UVA) is frequently used to treat psoriasis, eczema and other skin conditions. There are specific guidelines we follow for the safe administration of UVA which is combined with medicine called Psoralen. Over exposure can be detrimental to health e.g. irritation of the skin, burning eye damage.

It is recognized that long term exposure to ultra-Violet increases the risk of developing skin cancers later in life, although this risk is small it important to take precautions and avoid over exposure. Failure to follow these precautions may result in your treatment being discontinued.

Treatment Procedure

Please avoid all other forms of ultra-violet light exposure whilst receiving treatment e.g. sunbeds, solariums or sunbathing in natural sunlight.

On treatment days avoid prolonged exposure to direct sunlight (even through window glass).

To prevent burning, it is recommended that long sleeved high neck clothing is worn. On sunny days hat, gloves or alternatively sun block factor 15 or above should be applied.

PUVA tablets should be taken with a light meal 2 hours before treatment.

Wear protective UVA glasses for 12 hours from taking the tablets when exposed to day light (including windows and florescent lighting). Children and adults in certain circumstances may be advised to wear protective glasses for 24 hours).

Your glasses will be checked by a phototherapy nurse on commencing PUVA treatment. Failure to wear UVA protective glasses may increase the risk on eye cataracts.

Avoid pregnancy or fathering children while taking psoralen tablets.

Inform the doctor/nurse of any new tablets, medications or creams that you are using.

Avoid alcohol on days of PUVA treatment.

All male patients should wear dark close weave material underpants during PUVA treatment. Wear the same style of underpants in each session.

Always wear protective goggles whilst in the UVA machine.

Avoid perfumes, after shave lotions or other cosmetics on days of PUVA treatment.

Please advise the phototherapy nurse of any adverse effects following treatment, e.g. irritation or burning of the skin or nausea.

Advise the nurse if cold sores are present. You will be asked to wear a face shield during in these sessions.

Advice on PUVA light therapy for hand and foot PUVA

General information

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It is recognized that long term exposure to ultra-Violet increases the risk of developing skin cancers later in life, although this risk is small it important to take precautions and avoid over exposure. Failure to follow these precautions may result in your treatment being discontinued.

Treatment Procedure

Please avoid all other forms of ultra-violet light exposure whilst receiving treatment e.g. sunbeds, solariums or sunbathing in natural sunlight.

On treatment days avoid prolonged exposure to direct sun light.

Avoid perfumes and perfumed products on treatment areas.

Applying Psoralen Gel

The PUVA nurse will discuss with you whether the gel should be applied at home or at the PUVA department.

The nurse will also advise on you the exact skin area to be painted.

Please remove all hand/foot jewellery, if possible.

The gel should be applied 30 minutes before treatment.

TIMING IS IMPORTANT AND NEEDS TO BE CONSISTENT.

Apply the gel carefully as directed ensuring the gel is now transferred to non-treatment area. If the gel is applied at home the hands/feet must be protected from sunlight whilst travelling to hospital e.g. with gloves.