Combination UVA/UVB Therapy

What is combination UVA/UVB therapy?
In combination UVA and UVB therapy, you receive both ultraviolet A and B light rays. The UVA rays are deeper and longer lasting. The UVB ray is shorter and moves faster out of the body.

- You apply a moisturizer to enhance the effect of the light before entering the booth.
- The UVA/UVB light treatment takes place in a light box unit. A light box looks like a closet and is lined with ultraviolet light bulbs. The treatment unit is not locked, and if needed, you may stop a treatment at any time by pushing on the doors. The technician is always present while the unit is running.

What are possible side effects of UVA/UVB therapy?
The following conditions are possible side effects:

- Increased risk of skin cancers and premature aging of the skin.
  - Your skin checked needs to be checked every year.
  - Report any change in existing moles such as itching, growing, or color change.
  - Report any new moles or pearly looking nodules (lumps, bumps).
- Redness or peeling (sunburn) is possible, even with careful dosing of medication and light exposure.
  - Report any itching, tenderness, or painful blistering to your technician or doctor.
  - Painful blistering, although unusual, may occur even with careful dosing.

What other instructions should I follow?

- A UVA/UVB treatment is like a day in the sun. If you are planning on being outside, wear protective clothing and sunscreen.
- Continue to use topical medications as directed by your doctor. Do not use any topicals before the treatment time; wait until after the treatment.
- Cover your face with a disposable cloth during treatment unless told otherwise by your doctor.
- Women need to cover their nipples and areola (colored area around the nipples) with zinc oxide cream provided.
- Men need to protect genitals with underwear, jockstrap, or mask.
- Never change your treatment on your own without discussing with your technician. This includes making changes such as switching from boxer shorts to jockey shorts, or changes in position, such as raising your arms. Skin burns can result from these changes.
- Wear protective goggles provided unless ordered by your doctor.
- Tell us any time you stop or start any medications, even if it is only an over-the-counter drug. Many medications, especially antibiotics, can sensitize the skin to light and cause you to burn.

About your appointment

- Consistent treatment will produce the best results.
- UVA/UVB appointments need to be scheduled. Please be on time to prevent scheduling problems and as a courtesy to other patients.
- If you can’t keep your appointment for any reason, please call to inform us as early as possible.
- Please arrange for adequate childcare during your appointment. Regrettfully, our staff is unable to help provide childcare either in the reception or treatment areas.

Talk with your doctor if you have any questions or concerns about your UVA/UVB therapy.