PATIENT INSTRUCTION FOR TOPICAL PUVA PHOTOTHERAPY

1. Before each treatment, our staff will apply a thin film of Oxsporalen 0.1% in Vaseline 30 minutes prior to the treatment. Please rinse and wash off Oxsporalen ointment after your therapy.

2. Before your PUVA treatment, you will apply a sunscreen to your lips and face to protect them from unnecessary ultraviolet light exposure.

3. You will be instructed to place your hands gently (palm down) and/or feet on the plexiglass halfway into the light box, and not all the way to the back of the light box.

4. All patients will wear ultraviolet light blocking eye protection in the phototherapy booth.

5. You should not deliberately expose your skin to the sun during the time you are receiving light therapy unless specifically directed to do so by your physician. If you must be outdoors after your light treatment, you should apply sunscreen to all exposed areas. If you do get sunburned, and your skin is still red on the day of your next treatment, you will not be able to receive your PUVA treatment.

6. Remember that light therapy can have a drying effect on the skin, so you should apply the lubricating cream or ointment recommended by your physician as often as necessary to keep the skin well moisturized. It is especially important to apply the lubricant after bathing or showering.

7. Inform the staff and your practitioner before your treatment, if you: (a) start taking any new medication or (b) develop any new health problems.

8. Please do not bring your children to your phototherapy appointments as you will not be able to supervise them while you are receiving your treatment. Children under the age of 8 must have an adult caregiver to supervise them in the waiting room while you are being treated.

9. Please keep this instruction sheet and review it periodically.