

# Lichttherapie UVB behandeling

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op [www.asz.nl/brmo](http://www.asz.nl/brmo).

**albert  
schweitzer**



# Introduction

Your dermatologist has let you know that your skin condition will be treated using light therapy, and has told you about the exact type of treatment you will receive. This brochure will provide more information about this treatment.

## UVB treatment

It has been known for some time that sunlight has a beneficial effect on certain skin conditions. This effect is largely due to a certain element of sunlight known as ultraviolet light (UV). Ultraviolet light itself consists of different elements too, and you will be treated using ultraviolet B.

The number of treatment sessions you will need depends on the severity of your skin condition. As standard, you will receive treatment over the course of 20 to 25 sessions. These irradiation sessions will take place two times a week.

## Preparation

You have told the dermatologist which medicines you are taking. If these medicines change during your light therapy, please let us know, as the combination of some medicines and UV light may result in unwanted side effects.

During your first visit, we will give you a set of goggles to keep.

On the days of your treatment, please do not use any ointments, creams or skin oils prior to your session.

Please also do not sunbathe or spend extended periods of time outdoors. Over the entire course of your light therapy, you must not use a sunbed.

You are allowed to bring pool sliders for hygiene reasons. You can keep these on while you are in the cabin. Men must wear underpants (always the same type) or tanga briefs during treatment. You should bring these with you yourself.

### **Pregnancy and breastfeeding**

UBV light treatment is not harmful if you are pregnant or breastfeeding. Treatment can continue as normal in these situations.

### **Your experience**

We try to explain as clearly as possible what you can expect in terms of discomfort or pain as part of any treatment. That said, all people experience things differently and in their own way. If there is any element of your treatment you are apprehensive or anxious about, please let us know so we can take this into account.

## **Your treatment**

Please take a seat in the waiting room on the ward at the agreed time. You will then be called by the light therapy assistant. He or she will take you to the treatment room, where you can get undressed. You will be given your own goggles to protect your eyes from the light. It is mandatory to wear these goggles, even if you keep your eyes closed during the light therapy session. You will then be asked to step into the cabin (see photo). The light therapy assistant will give you instructions and configure the cabin.



*The light therapy cabin*

The first irradiation will take a few seconds. This will be increased over the course of the sessions to a maximum of about ten minutes. You will hear a beep tone to indicate the treatment session has been completed. You can then leave the cabin and get dressed.

It is important that you do not interrupt the session, or that you keep any interruptions as brief as possible, as the effect of the treatment will be reduced otherwise.

Once your treatment sessions have been completed, you will need to attend a consultation with the dermatologist, who will check the condition of your skin. You and the dermatologist will also discuss whether treatment should be continued, gradually phased out or stopped.

These checkup consultations will take place at the Dermatology outpatient clinic.

## **After your treatment**

On the day of your treatment, your skin may feel hot and appear slightly reddened in the evening, just like it would in case of mild sunburn. This is nothing to worry about. You may also experience some itchiness.

If any side effects occur, please let the light therapy assistant know at your next treatment session, so that the irradiation time can be adjusted if necessary.

Your skin condition may deteriorate slightly after the first few sessions. Once again, this is nothing to worry about. This will usually improve over the course of your treatment.

Exposing your skin to sunlight for extended periods of time causes your skin to age prematurely. This may be the case if you frequently work outdoors or have lived in a tropical area, for example, but also if you go on holidays in the sun.

Extended exposure to sunlight also puts you at increased risk of developing skin cancer.

Light therapy also contributes to these effects.

# Appointments

We will do everything we can to stick to your appointment time, so please make sure you also arrive at the hospital in good time for your treatment.

If you are unable to attend on time, or the dermatologist has informed you that you can stop your treatment, please let us know as soon as possible, so that we can use your appointment for another patient.

**If you have not attended any sessions for two weeks without notifying us, your remaining light therapy appointments will be cancelled. In this case, you will need to obtain a new referral from the dermatologist.**

## To conclude

If you have any questions after reading this brochure, feel free to call the ward at which you have an appointment any time between 08:00-12:00 and between 13:00-16:30, on Monday, Tuesday, Thursday and Friday:

- Dermatology outpatient clinic, location Dordwijk  
Tel. +31 078 652 33 92
- Light therapy ward, location Zwijndrecht, Tel. +31 78 654 11 82.

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