

## Phototherapy – Hand and Foot PUVA

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself whilst waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care. The Dermatology team deal with the diagnosis and management of skin related conditions.

### What is PUVA?

[PUVA](#) is the name of a treatment for certain skin conditions and stands for the use of a Psoralen drug in combination with Ultra Violet A light. The drug must be combined with exposure to the light for treatment to be effective. Topical Psoralen is used to treat small areas of skin, for example hands and feet. The Psoralen is diluted in water and the affected areas are soaked for 15 minutes before UVA treatment. The UVA is supervised by a nurse and a unit containing florescent tubes is used for the treatment. This will be shown to you before treatment. Goggles and a UV protective visor **must** be worn during treatment.

### Guidance for Patients

If your skin condition is drastically worsening prior to your appointment with us, please call your consultants secretary. If acute injury is caused to the affected area whilst awaiting your appointment you should contact your GP or NHS walk in centre.

Whilst you are waiting for your procedure, it is always important to maintain a healthy lifestyle. St Helens Wellbeing service makes it easier to access a wide range of healthy living and wellbeing support through a 'one stop shop'. The service provides local residents with advice and help with healthy eating, exercise, weight management, stopping smoking, emotional and social wellbeing, oral health and volunteering.

**Call:** 01744 371111

**Email:** [chcp.sthelens@nhs.net](mailto:chcp.sthelens@nhs.net)

**Website:** [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)

# My Planned Care Patient Information Platform

**Additional Information for Dermatology Services can be found on:**

**St Helens and Knowsley Teaching Hospital NHS Trust website –**

**[www.sthk.nhs.uk/our-services](http://www.sthk.nhs.uk/our-services)**

**Our services**

**Dermatology**