

Phototherapy – TL-01/UVB

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 TL-01/UVB?

Ultraviolet radiation from artificial light sources has been widely used by dermatologists for over 100 years and is an effective treatment in a number of skin disorders. The choice of UVB over other forms of treatment depends on a wide range of factors, including age, disease, skin type, previous therapy and current medication. The UVB treatment is nurse supervised and takes place in a stand up cabinet containing fluorescent tubes. It is necessary to attend three times a week for treatment, unless stated otherwise by your doctor. The length of the treatment course varies from one patient to another. The average time for Psoriasis sufferers will be 6 to 8 weeks. If you have a follow up appointment with your consultant you must keep it. Failure to do so will result in your treatment being discontinued.

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

Website: 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

Our services

Dermatology